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PROGRAM Housekeepers' Chat RELEASE Nov. 1

National Apple Week is upon us. I have it, on reliable authority, that this year's enormous apple crop is one-fourth larger than the average, and one-sixth larger than the bumper crop of last year. Looks as if the doctors would see hard times this winter, with everybody eating two or three apples a day.

Apples seem to have been made on purpose to provoke the appetite, with their soft green or yellow color, or their brilliant rosy cheeks, their delightful aroma, and their fresh, sprightly, flavor. Besides being an appetizer, the apple has an important place in the diet. Its texture, its water content, and the form in which its acids and minerals are present, give it an oft-wanted laxative qualit In other words, apples help to prevent constipation. To help in regulating the normal body functions, the apple contains that well-known Vitamin Trio, A, B, and Apples contain sugar, too, and as everybody knows, sugar supplies the body with energy.

But overshadowing an apple's esthetic appearance its nutritive qualities, is its power to answer that most pressing question of the housewife, "What can I have that is 'different'?" The apple dishes that can be made are legion.

In cooking apples, as well as other fruits, there are a few general points to be observed. First, the sugar and mineral matter of the fruit are soluble. Use only a small amount of water in cooking, and serve it with the fruit. Second, the skins have food value. Whenever possible, the skins should be kept. Third, when you want to retain the shape of the fruit, in cooking, add the fruit to a hot syrup, or add the sugar at the beginning of the cooking process. When fruit is made into a sauce, it is cooked until soft, as much as possible in its ov juice, and the sugar is added last. With the firmer fruits, such as apples and pears, a little water has to be added.

I have a number of apple recipes to give you this week, but I'm going to begin with the simplest, and probably the most popular one -- applesauce. You may think you know all there is to know about applesauce. I thought I did, till I talked to the Recipe Specialist. Then I discovered I had been adding the sugar at the wrong time, using too much water, and cooking the apples in an open dish, instead of a covered one.

If you like, I will give you the Recipe Specialist's method for making applesauce. Listen carefully, and you won't need to write this down. (Read slowl

Wash, peel, quarter, and core the apples. Or if you are going to put the sauce through a colander, leave the skins on. Cook the apples in a covered pan, using just enough water to keep them from scorching. If apples are cooked in a <u>covered</u> pan, the steam will cook them. Cook rapidly, until the apples are soft, adding a little more water if necessary. If you have left the skins on, put the sau through a colander, or a sieve, and <u>then</u>, sweeten to taste. A dash of salt and a little butter improve the flavor. Adding the sugar <u>after</u> the apples are strained gives a fresher taste, and saves sugar. One needn't waste sugar on the applesauce which does not go through the sieve. Variety of flavor may be secured by adding

spices, such as cinnamon, or nutmeg, or cloves, thin slices of lemon, or a few drops of lemon juice. Here's another good point I learned -- nutmeg should be used only on applesauce which is to be eaten at once. Applesauce flavored with nutmeg is apt to become bitter on standing. As you all know, the best-flavored apples make the best sauce. Tasteless apples should have other fruits added to give them flavor--prunes, pineapples, dates, figs, quinces, or raisins.

Baked Apples are second on my list today. Baking is one of the best method of cooking either tart or sweet apples. Wash the apples, and core them. Be careful not to cut through the blossom end when removing the core. Place the apples in a baking dish, fill the holes with sugar, and butter. Add a few drops of lemon juice for each apple, if you like. Add a few tablespoons of water--just enough to keep the apples from sticking. Very juicy apples do not need water. Cover the baking dish, or pan, and bake in a hot oven until the apples are soft. Apples cook more quickly in a covered vessel, because the steam is held in. Serve baked apples hot or cold, with or without cream. In the fall, when apples are at their best, spices are not really necessary, but in the spring spice is an improvement. Raisins too, are good with baked apples.

Some apples, such as the Winesap, have more jellying power than others. If cooked long enough, the juice forms a jelly. When apples of this kind are baked through, remove them from the baking dish, and concentrate the juice, adding a little more sugar if necessary. Then place the jelly over the baked apples.

My last recipe for today is Apple Compote. (They're getting better all the time).

For Apple Compote, pare and core the apples. Core them in a sirup made by combining water and sugar in the proportion of 2 cups of water to one cup of sugar. Color the sirup with red commercial coloring, or cinnamon candies. Be sure there is enough sirup in the pan to cover the apples. Use a deep pan, and remember that the same quantity of sirup needed for one apple will cover a number of apples. Cover the pan, and cook until the apples are tender. Take them out of the sirup, and use it in a fruit punch. Serve the apples hot, with a spoonful of tart jelly in the center, and hard sauce.

Do you remember how to make a hard sauce? For one cup of hard sauce, you will need 1/4 cup of butter, 3/4 cup powdered sugar, 1/2 teaspoon vanilla, and 1/8 teaspoon grated nutmeg. Cream the butter and sugar. When white and creamy, (about 10 minutes) add the vanilla and the nutmeg. The secret of creamy hard sauce lies in long beating. Chill the sauce. Serve it cold, on the hot dessert.

There's still another way to make this Apple Compote. Pare the apples, core them carefully, and cut in half-inch pieces. Make a rich sirup, one cup of sugar to one cup of water. Add the pieces of apple to the boiling sirup. Cook till the apples are transparent. Commercial coloring matter or cinnamon candies added to the sirup give the apples a pleasing color. These applesslices are very pretty as a garnish for meats.

These three recipes--four, rather,- will be included in the Radio Cookbooks. If you have already received the first set of menus and recipes, these recipes will be sent to you soon, and you can add them to your cookbook.

One more suggestion, before we leave the subject of apples. If you want to make apple ice cream, extract the juice from tart apples, as you would for jell; concentrate the apple juice to a thick sirup, add cream and sugar and a little lemon juice, and freeze as usual.

I've done my duty by Apple Week for today. There's time enough left to answer about half of the questions, if I hurry.

First question: "We have recently moved into a house that is infested with roaches, from garret to cellar. How can we get rid of them?"

You can get rid of the roaches by using sodium flouride. This is a poisonous white powder, obtainable at any drugstore. Sprinkle it around on the floor, o: blow it into the corners with a small dust gun. Remember that sodium flouride is poisonous--keep it out of reach of children, and pets.

Second question: "Why do you emphasize vegetables and fruits in the diet of children?"

Because vegetables and fruits are rich in minerals and vitamins. Children need these minerals and vitamins for building strong, healthy bodies. Children should have two servings of fruit, and one (or preferably two) servings of vegetabl every day in addition to potato.

Though practically all kinds of fruit and vegetables are good for children, the child specialists recommend that oranges, grapefruit, tomatoes, and green-leaf vegetables be given most frequently.

Third question: "What lines are best for a woman whose hips are large in proportion to her waist and bust?"

Long vertical lines from shoulder to floor are most becoming on this type of figure. These lines may be stripes in the material, bands or rows of trimming, rows of buttons, tucks, and so forth. The best effect is obtained by keeping the vertical lines of trimming toward the center front and center back, rather than at the underarm seams. Keep the hip line straight, and free from trimming, so the eye will be attracted to some other part of the dress. A surplice front gives a longer effect than the straight front.

Next question: "What is the best method for whipping cream?"

I don't believe there is a best method. Any method whereby the cream is rapidly stirred, so the air can mix with it, will whip cream. There are several devices on the market for whipping cream, all of them constructed on the egg-beater principle.

And Next: "How can I clean waxed floors that look grimy?"

Remove the film of dirt and wax, which darkens the floor, with a cloth wrung out of warm soapy water, or better still a cloth moistened with turpentine or gasoline. Remember that turpentine and gasoline are inflammable. Never use them in a room with an open fire, or a lighted lamp or candle. After the dirty coating has been removed, and the floor is clean and dry, apply a little more wax. Rub it in well with a woolen cloth, or a weighted brush. Be careful not to apply too much wa:

One more suggestion. [illegible] the juice of [illegible] apple ice cream, [illegible] you would [illegible] concentrate the [illegible] juice to a [illegible] juice, [illegible] [illegible].

Live [illegible] by Apple [illegible] about half of the [illegible].

First question: [illegible] recently [illegible] apple juice that is infected with [illegible] from [illegible] [illegible] of the [illegible]

[illegible] [illegible] this is a [illegible] [illegible] [illegible]

Next question: "How can I remove iron-rust stains from a white enameled kitchen sink?"

If the stains are not too deep-seated, you can bleach them out with a solution of oxalic acid. Buy an ounce of the white crystals of oxalic acid at the drug store, and add them to a half-pint bottle of water. Pour a few drops of this strong solution on the rust spots, rinse it off with clear water, and repeat till the stain disappears. If the acid is allowed to remain on the sink, it will injure the enamel. The oxalic-acid solution is poison, so keep it out of reach of the children.

I might add a word about poisons here. See that all poisons are plainly labeled, kept in colored, or rough, bottles, and far apart from medicine bottles. One woman I know places a pin in the top of the cork of bottles containing poisons

One more question for today: "In making quick breads and cakes, how much baking powder is needed to each cup of flour?

In general, for each cup of flour you will need 1 to 1-1/2 teaspoons of baking powder. Butter cakes that have a great deal of egg white may need less. Popovers and sponge cakes require no baking powder at all.

That's all for today. Our time is up. Don't forget to send for your Radio Cookbook, if you haven't already done so.

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HOUSEKEEPERS' CHAT

Nov. 2

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My gossipy Next-Door Neighbor hailed me as I came home from town.

"Aunt Sammy," she called. "Want to keep James and Matilda from getting a divorce? They haven't spoken to each other for two days. James says it's because Matilda came down to breakfast in curl papers and flappy house-slippers, and Matilda says it's because James always splashes his shaving lather over the bathroom floor. But I know better! It's the cold coffee, and cold fried eggs, she serves him for breakfast. The cafeteria will get James, if Matilda doesn't watch out. I know the symptoms."

"There, there," I tried to calm my Next-Door Neighbor. "Lots of people get spells when they won't speak to each other for a day or so. I've known that to happen even in -- well, in lots of families."

"But this is serious, Aunt Sammy," she insisted. "Think of it! A cold fried egg every morning! It's grewsome!"

"It is bad," I agreed. "But what can I do about it?"

"Do about it! Tell Matilda something about breakfasts."

"I can't take time to talk about breakfasts, when my listeners want to hear about vitamins, and calories, and minerals. Besides, I want to give them another apple recipe today."

"I tell you what we'll do," suggested my Next-Door Neighbor. "You talk to Matilda about breakfasts, in general, and I'll get my favorite apple recipe for your housekeepers. It's a wonderful recipe, too, different from any you've ever given them."

Of course I had to agree, in order to get the apple recipe. If you women will just stand by a few minutes, while Matilda gets this information, I'll give you the apple recipe, and answer some of your questions.

In the first place, Matilda, is your table always set neatly? Yes, it is important. I knew of a man once who left home because the table doilies were always askew. He was fond of flowers, too -- liked a plant, or a bowl of flowers, on the breakfast table. He was unusually sensitive -- a newspaper reporter, or something like that. A bright colored breakfast cloth and napkins would have pleased him no end.

Speaking of breakfasts in general, you know, Matilda, that one's daily food depends largely on his occupation. A man who chops wood all day needs more food, and different food, than does the man who sits at a desk. The muscle worker, exercising in the open air, can digest heavy foods in larger quantities. The sedentary worker--a bookkeeper, for instance, who rides to and from work--requires easily digested foods, in smaller amounts.

If all the grown-ups in a family are sedentary, and have ample noon meals, breakfast may be VERY LIGHT, that is, fruit, some kind of breadstuff such as toast or rolls, and a beverage such as coffee, cocoa, or milk.

Next comes the LIGHT breakfast--fruit, cereal, or an egg, or bacon, breadstuff, and a beverage.

Then there's the MEDIUM breakfast, for those who have little food at noon. A MEDIUM breakfast includes fruit, cereal, eggs or meat, breadstuff, and a beverage.

Those who do heavy muscular work may need a HEAVY breakfast--fruit, cereal or meat, one other hot dish, breadstuff, and a beverage. Digestion seems to be better and certainly the appetite is keener, when there is at least one hot dish at a meal.

I forgot to mention the mixed family group. If some members of the family require more food than others, eggs or bacon can be fixed without much trouble.

You probably don't know, Matilda, since you haven't been listening-in, that the common foods may be classified into five groups, according to their composition and uses. The five groups are: first, vegetables and fruits; second, meat, milk, and other foods depended on for complete, or efficient, protein; third, cereals; fourth, sugar and sugary foods; and fifth, fats and fat foods. There, I hope you wrote that down, because I don't want to repeat it

A well-balanced daily diet, as I've said before, is the combination of those five foods in the proper proportions. This doesn't mean that you must serve <u>one</u> food from each group at <u>every</u> meal. And you could probably get by for a few days if one food group was omitted altogether. It's been done--on a bread and water diet. But in the long run, a meal, a day's ration, or a weekly food supply in which each food group is represented, is likely to provide everything needed to make the diet wholesome and attractive. All the foods mentioned in these five food groups furnish body fuel, or material that can be burned in the body to give it energy, and incidentally to keep up its temperature. As a general rule, the vegetables and fruits furnish about 20 per cent of the fuel; the meat, eggs, milk, and similar foods, 25 per cent; the cereal foods, 25 per cent; sweets, 10 per cent; and fats 20 per cent.

You think I'm straying far from the subject of breakfasts? Not at all -- I had to explain all that to you Matilda, so you'd understand these breakfast menus I'm going to give you. They are suggested by the Bureau of Home Economics for the average family. We will suppose that this family consists of a man and a woman, both doing moderately active muscular work, and three children, under 12 years of age. I'll give you a well-balanced breakfast suggestion for every day in the week, beginning with Sunday. You'd better write them down, Matilda-- they might come in handy, when James grows tired of eating the same dishes over and over.

All ready? Sunday--Oranges, French toast, coffee or tea for the grown-ups, and milk for the children.

Monday--Baked apples, breakfast cereal with milk, bacon, bread or toast with butter, coffee or tea for the grown-ups, and milk for the children.

Tuesday--Sliced bananas, ready-to-serve breakfast cereal with milk, soft-cooked eggs, bread or toast with butter, beverage.

Wednesday--Grapefruit, fried mush with bacon if you like it, beverage.

Thursday--Fried apples and thin slices of ham, hot biscuits, beverage. Yes, apples again. This is National Apple Week, you know.

Friday--Stewed prunes, waffles and honey-butter, beverage. (I'll tell you about honey-butter in a minute.)

Saturday--Canned peaches, breakfast cereal with milk, chipped beef on toast, toast with butter, beverage.

The honey-butter is a combination of butter and strained honey, creamed together.

Fruit has been included in every menu. Fruit, fresh or cooked, stimulates the appetite, and makes one enjoy the rest of the meal. It supplies necessary vitamins and minerals, too. Of course the fruit served for breakfast depends largely upon the season of the year. At this season you will use home-canned fruits, such dried fruits as prunes, peaches, apricots, and figs, and such fresh fruits as oranges, bananas, and grapefruit. I like a tart, fresh applesauce for breakfast. Prunecots, a combination of equal parts of stewed apricots and prunes, are a good dried fruit combination, when you want to vary the fruit part of the breakfast.

Variety may be found in breakfast cereals, too. Personally, being loyal to my Scotch ancestors, I think a hot dish of oatmeal and milk is the "ne plus ultra" of breakfast foods, on a cold and frosty morning. Oatmeal is an energy-giving food, and it furnishes minerals and roughage. There's a right way of cooking oatmeal too, just as well as anything else. Some people do not salt cooked cereals enough, and they taste flat and insipid. To vary your breakfast cereals, you may add a few raisins, figs, or dates, or serve them with sliced bananas, peaches, and so forth. Rice, properly cooked, is a tempting breakfast

dish, served with brown sugar and butter, or with sugar and cream. I hope you have learned, Matilda, the importance of whole grain cereals. The outer layer of the grain contains the valuable minerals. Another breakfast cereal, almost as good as oatmeal in my estimation, is whole wheat, which I crack in my own kitchen, with a mill. I cook this cracked wheat in boiling salted water, and serve it with sugar and cream. Some other time I'll tell you how to cook wheat whole in the pressure cooker.

Some people seem to think that breakfast is a synonym for "bacon and eggs." But the eggs need not always be fried. Make a richly browned, light, fluffy omelet some time, Matilda, and see if James doesn't compliment you. Or poach him an egg, in milk, and serve it on a slice of crisp toast.

I didn't mean to talk so long about breakfasts today, but when I get started on an interesting subject, it's hard for me to stop. Most of the questions will have to wait till tomorrow, because I want you to have the apple recipe which my Next-Door Neighbor vouches for. She's an incomparable cook, and her recipes are not to be taken in a spirit of levity.

We may have time to answer one or two questions. Here's one about eggs.

Does the manner in which eggs are cooked affect their digestibility to any great extent?

The answer is Yes. The temperature of cooking does affect the consistency of eggs. Lower temperatures coagulate the white into a tender, jelly-like mass, and allow the yolk to remain soft. Eggs so cooked are considered to be more easily digested than those toughened and hardened at higher temperatures. For this reason coddling, rather than boiling, is recommended as a way of cooking eggs for children, and persons of delicate digestion.

Second question: Does cooking destroy the mineral constituents of vegetables?

No, cooking does not destroy the valuable mineral salts found in many fresh vegetables. Some of the minerals, however, are dissolved in the liquid in which vegetables are cooked. That's why it is important that this liquid be served. Mild-flavored vegetables may be steamed, boiled in very little water, or cooked a short time in milk so that the amount of liquid to serve with the vegetable is small. The larger amount of water, from the cooking of the strong-flavored vegetables, may be saved for soup, or used in thickened gravies and sauces.

We have talked a great deal about foods today. Tomorrow I'm going to change the subject, except for the menu.

Today's apple recipe is for Scalloped Apples. Are you ready to take it down? (Read slowly).

Pare, core, and slice tart apples, preferably those of a kind that will hold their shape when cooked. Place a layer of the sliced apples in a baking dish, sprinkle them with sugar, dot them with butter, or pour on a little melted butter. Put in another layer of apples, and keep on until the dish is heaping full. Press the apples down and get in all you possibly can. Cover the dish and cook the apples, slowly, for from one to one and a half hours, in the oven. As the apples cook down, during the first half hour, a few more may be added. Fifteen minutes before the apples are to be served, remove the cover, and spread buttered bread crumbs over the top. Return to the oven, and let the crumbs become golden brown and crisp. The apples themselves will be in whole pieces and almost transparent. Some kinds will be pink in color. Scalloped apples are very nice, served hot, with the main course of dinner or supper.

This is another choice recipe that must be included in the cookbooks. Have you written to Radio Station_____ for your copy of the loose-leaf Radio cookbook? The cookbooks contain all the recipes and menus which have been broadcast so far. After I have your name and address, I'll send you additional recipes from week to week. Then, at the end of the year, I'll have an index made for the cookbooks, so you can find any recipe you want, without turning through the book.

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PROGRAM Housekeepers' Chat RELEASE Nov. 3

I have a serious complaint to make today. I have been misquoted. As a rule, I believe most everything I read in the newspapers and the magazines. But when a radio magazine comes out, as one did this month, and states that Aunt Sammy is going to tell the women of the country how to get rid of household "pets", I feel that something is wrong. I don't like the insinuation. Just as if I'd take it upon myself to tell the housewives how to get rid of their pet cats, and canaries, and goldfish, and whatnot. The Society for the Prevention of Cruelty to Animals would be hot on my trail.

What you meant, Mr. Radio Editor, was household "pests" -- ants, cockroaches and the like. You say it's the proofreader's fault? Perhaps he doesn't know the difference between pets, and pests. It's hard to distinguish between them sometimes.

For instance, I have two household pets that are fast becoming pests. One of them is a fruit picture in the dining room. Some one in the family bought it, a long time ago, and several times a year we take it down, and dust it, and hang it up again. Last night I asked each member of the family what he liked about that picture. "Nothing!" was the unanimous answer. That picture comes down tomorrow. My other household pet is Dinah, a china cow, who looks on the world with calm and peaceful eyes, even though one china horn is missing, and both front legs are cracked. She's had a place of honor on the mantel for so long she thinks she belongs there. Tomorrow she leaves my home -- for good.

My sudden aversion to the china cow is due to an article I read last week on "Individuality in Home Decoration." Will you let me read one short paragraph from it? This is the part I liked particularly: (Please read slowly)

"The quieter, simpler, freer from unnecessary architectural ornamentation a room is, the better the stage is set for individual expression.....Begin your furnishing by living with a few things, so that your imagination may be better kindled to provide the unusual, but practical, pieces you find you cannot live without . . . . .Correct the expensive, 'overdraped window' by substituting prints and calicoes for silks and satins, linen for plush and velvet. Individuality is never attained by an overpowering sense of cost. For example, build your lamps from interesting old bottles, pickle jars, even kitchen crocks; substitute for the dust-collecting plaited shade with many linings, one of plain parchment, rubbed with color, or with colored chintz or paper blocks applied and glazed. Remember that inexpensive mattings and checked ginghams can give a distinction to a dining room . . . . ."

I may not be artistic enough to build a lamp from an old bottle, or a kitchen crock, but I like the idea. Sometimes we're apt to forget that simple things are just as beautiful as ornate furnishings.

One day last week I visited a city decorating shop. I wish you could have seen the array of old pottery jars, vases, and glass bottles which are being made

into lamps, with parchment shades. I found even old medicine bottles of blown glass, and the humble glass coal-oil lamp, used as lamp bases. These lamps were glorified with delightful wallpaper, parchment, or pleated chintz shades. They would be charming on a bedside table, a dressing table, or for an informal living room.

Since lamps are useful as well as beautiful, they should have firm, substantial bases. If the base of your lamp is a gaudy vase, or a gay piece of pottery, you will want a plain shade. But if your lamp base is a plain pickle bottle, or a kitchen crock, you can make a colorful shade of bright wallpaper; heavy wrapping paper, painted; parchment paper, glazed chintz, or Holland cloth. If you use wallpaper, you might give it a finish of shellac.

If you have a pair of old pewter candlesticks, you can make charming dressing-table lamps from them. The pair I saw had blue parchment shades, bound with silver.

Until recently, the process of making pottery or glass vases into lamp bases was an expensive one. Now one can buy, quite reasonably, an adjustable fixture which can be made to fit the neck of medium sized jars or vases by means of a rubber cap, which expands and contracts when twisted. This fixture consists of the metal container for the electric bulb, several feet of wire, and a base plug.

I know what I'm going to do. I have an old-fashioned coal oil lamp in the cellar which would make a lovely lamp base. With a paper or chintz shade, it might be a thing of beauty. Think I'll have to quit working on my hooked rug till I get the lamp made.

Well, even beautiful lamps aren't as important as food. If I don't hurry on to the questions, I won't have time to give you today's apple recipe, which is almost a whole meal in itself.

First question: "You told us yesterday about whole-wheat grains as breakfast foo How can they be cooked.

If you have a pressure cooker, you can cook whole-wheat grains easily, this way: Clean them well, cover with 1-1/2 times as much water by measure, soak overnight, and cook under 20 to 25 pounds pressure for one hour, or longer, if very soft grains are desired. If you do not have a pressure cooker, grind the wheat in a hand mill, such as that used for coffee, and then cook it in the double boile as rolled oats or any other cereal mush is cooked.

Second question: "Has a banana much food value?"

A banana is very high in food value. In fact, almost one-fourth is starch and sugar. In addition, a banana contains a small amount of protein, a trace of fat, and a small percentage of mineral matter. A banana should be fully ripe before using, in order to get the best flavor, and the most digestible condition. One authority, in discussing food for young children, suggests the occasional use of a little scraped, ripe, banana. In buying bananas, be sure the stem end is left on. In this way, the food is delivered in a sealed package. Baked bananas

are good served in place of a starchy vegetable with meat or as dessert. I'll have to get a baked banana recipe for you this month.

Question 3: "What foods would you suggest for anemic children?"

Egg yolk, unusually rich in iron, is very valuable in such cases. Prunes, raisins, orange juice, green vegetables, especially spinach, are valuable sources of iron. Liver has been shown to be especially valuable in such a condition.

Fourth question: "What is the significance of yellow fat in a beef cut?"

Yellow fat in a beef cut or carcass usually denotes low-grade beef from a grass-fattened animal. Firm white tallow in a beef cut, with small veins of this fat appearing throughout the meat, denotes beef of a superior grade. Such meat is usually tender and palatable.

Next: "Does milk contain minerals?"

It certainly does. Especially calcium, which, strange to say, is the one in which American diets seem to be rather low. Calcium, you know, is one of the chief constituents of bones and teeth. That's one of the reasons why milk is such excellent food for children. They need lots of calcium to build good straight bones and strong teeth.

Here's one more question, which almost got lost in the pile of more important ones.

"What is nutmeg, and what is mace?"

I knew what nutmeg was, but I had to look up the information about mace. Queer, how we use common spices year in and year out, and know nothing about their family life. Nutmeg grows on the nutmeg tree, which is found in the Malay Archipelago, and in the West Indies. The nutmeg fruit is about three inches long, and looks something like an American walnut. The kernel of the fruit, or the nutmeg, is enclosed in a thin, hard, brittle shell. The shell isn't any good, but it is covered with a dry membrane, which is called mace. I'd like to know, just out of curiosity, how many of you women knew that nutmeg and mace were so closely connected.

Get your pencils and paper now, please, and I'll give you the best apple-pork- potato recipe I've heard of. You know I get these recipes from specialists in the Bureau of Home Economics, which have been tested recently in the laboratory kitchens, are written out on big sheets of paper--ingredients,methods of preparation, and whether the recipe was "good," "very good," or "excellent." Whenever I see a recipe labelled "Excellent," I try to get it. That's the kind of a recipe this apple-pork-potato one is.

[illegible] food service in place of a standard vegetable tray made or as a dessert. It's [illegible] to life a [illegible] menus recipe for you this [illegible].

Question 3: "What foods would you suggest for Hawaii children?"

[illegible] Hawaii is in a [illegible] to [illegible] in each school. Pro[illegible] fruits, [illegible] vegetables are especially popular. We [illegible] [illegible] have been shown to be [illegible] [illegible] in such a condition.

Further question: "What is the significance of [illegible] for is a [illegible]

Tallow [illegible] is a beef cut or [illegible] usually [illegible] beef fro[illegible] [illegible]-[illegible] [illegible]. Firm white tallow is [illegible] [illegible] [illegible]

The ingredients needed are:

5 rib pork chops (you might use loin chops, if you like)
5 medium sized apples, pared and cored
4 white potatoes, medium sized.
6 onions, cut in half
3 teaspoons salt
1/8 teaspoon pepper
1-1/2 cups boiling water
Flour

You will need a large baking dish. If you have no casserole, you might use a roaster, with a cover. Grease the baking dish. Cut the onions in half, and place them in the bottom of the dish. Trim the pork chops. Core the apples. Cut each apple into 4 or 5 rings, and stick the end of a pork chop through these rings. Then place the pork chops and apples over the layer of onions, and sprinkl lightly with flour. Fill up the spaces with the potatoes, thinly sliced. Don't forget to season the layer of onions, and then the layer of meat, apples, and potatoes, with salt and a little pepper. Pour in the boiling water, and cover the baking dish. Cook until tender, which will take a little over one hour. Then remove the cover of the baking dish. The food is ready to serve when it is a rich golden brown. I can't find any word good enough to describe this delicious blend of flavors, unless it's "larrupin'". Know what I mean?

All we need to make a complete menu today is a crisp, tart, fruit salad. How would you like a grapefruit and orange combination, served on lettuce, with your special salad dressing? Or, if you don't have grapefruit, a bombination fruit salad -- any kind of fruit you have on hand. Except apples, of course. I'm willing to do my share toward Apple Week, but I balk at serving apples in two different ways at the same meal.

I'll add this apple-pork-potato recipe to the cookbooks, so if you missed any of the ingredients today, you can use it later. I wish, when you write to me for your copy of the Radio Cookbook, you'd tell me what you think of the recipes. I can judge by your letters whether I'm getting the recipes you want.

[illegible] dungeon:

[illegible] regulation size". If you [illegible]
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[illegible] measuring stand.
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[illegible] radio [illegible] "Radio [illegible] you can [illegible] when you [illegible]
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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

U.S. Department of Agriculture

PROGRAM.....Housekeepers' Chat..... RELEASE.....Nov. 4.....

Our neighborhood sewing club met at Mary Alice's yesterday. I tried to remember all the interesting things that were discussed, but I declare! I couldn keep up with the women! Half of the time they were talking about their children then they'd switch to the subject of clothes. Finally Mrs. Jane told us all about her new washing machine. (Don't let me forget to describe the refreshments -- they were simple, but very good.)

We couldn't begin sewing till Mrs. Smith had told us the latest "cute" thing Junior had said. I never could see that Junior was any more clever than--well, than anybody else's children.

Mrs. Jane has a new dress--this popular red color. It's very becoming to Mrs. Jane, with her blond hair and fair complexion. But then Mrs. Jane always looks just right--as neat as a pin, as I told her yesterday.

"I don't think I'm fussy," she said. "But I can't stand rundown heels, and twisted stocking seams. They give me one of these new-fangled 'inferiority complexes! If I start to town, and find there's a button off my glove, or that my petticoat shows, I might as well go home. It's the psychological effect."

"It's because you're finicky," said Mary Alice.

The clothing discussion reminded Mary Alice of something she'd clipped from a magazine this month, on "The Psychology of Dress." Perhaps you read the article. I borrowed the clipping, so I could quote a paragraph from it. Here it is: (read slowly).

"Even children are susceptible to the effect of clothes. A ragged, dirty child from the street in one of our city slums was taken to a welfare home. She was scrubbed, shampooed, and dressed in clean, attractive clothes. The transformation was startling. She was changed almost immediately from a listless, broken-spirited child to a self-respecting and well-mannered little lady. Clothes help to make us self-confident, self-respecting, jolly, free, or they may make us self-conscious, shy, sensitive, restrained.....

"Clothes that are suitable, appropriate, and beautiful, help us to express the best in ourselves, and are a means of giving pleasure to those about us. Being well dressed is an evidence of good taste. A passage from Ruskin reads something like this: 'What you like, determines what you are.' Another old adage may be paraphrased thus: 'The way you look speaks so loud I can't hear what you say.' Clothes, then, make or mar us. They may enhance our personality, or be so conspicious as to subordinate us to them, or they may be just ordinary, nondescript, characterless."

Isn't that interesting? I like this statement: "The way you look speaks so loud I can't hear what you say." I'll have to remember that to tell Fred. He's in high school, and it seems to me he has louder ties, and wilder socks than any other boy in town. The latest addition to his wardrobe is a wool sweater - red and yellow and purple, with a pale green collar. Can you imagine anything

more weird? He'll get over it, though, and settle down to prosaic grey suits some day.

Mrs. Jane could hardly wait to tell us about her new power washing machine. She knew we would be interested -- and perhaps a bit envious.

"I know I'm unduly proud of it," said Mrs. Jane. "But who wouldn't be? When my children were young, we lived on a farm. I did a big washing every week, with the aid of a washboard. Those were the days when women wore white shirtwaists, and full white skirts, and every little girl had several yards of embroidery on her underclothes. And the overalls I've washed! Actually, if placed end to end, the overalls I've scrubbed in my time, would reach from here to the Golden Gate!"

Please forgive Mrs. Jane for exaggerating. She had five boys in her family besides several hired men, and I expect it did seem, sometimes, as if she washed miles of overalls.

"Nowadays," continued Mrs. Jane, "homemakers realize that suitable household equipment saves them much needless drudgery, especially in laundry work. A woman with a big family can't get along without a washing machine, if she does her own laundry.

"Hear! Hear!" interrupted Mrs. Smith. "You sound like a washing machine salesman. Just wait till something on your new machine breaks -- then you'll be glad enough to go back to the washboard."

"Not I," said Mrs. Jane. "I use my washing machine properly. Lots of women abuse their machines. For one thing, they are not careful to wash the correct amount of clothes in them. Overloading is hard on the machine, of course, as well as on the clothes. The water line is marked on most machines. Too much water causes excessive splashing, and in many cases cuts down the efficiency of the washer.

"The man who installed my washer told me something about washing machines in general. He said that after a machine is used, it should be rinsed thoroughly with hot water, operated for a short time, drained, and dried. The drain faucet should be left open, and the lid propped up an inch or two to allow the air to circulate through the machine while it's not in use. Cylinders should be removed, and thoroughly dried. Drying metal tubs prevents much discoloration.

"He told me to study the booklet furnished by the manufacturer, and oil the machine according to directions. He seemed to think that we women pay too little attention to oiling mechanical devides.

"He also told me to pull out the electric plug when leaving my machine, between wash days, and to coil the connecting cord where it can't collect moisture or dirt. And I'm not to lubricate or adjust any part of the washer while the cord is connected to the current source."

"We've talked about washing so long I can smell the suds and hear the swish of the clothes," said Mary Alice. "Aren't you about ready for refreshments?"

"Not yet," said Mrs. Smith. "I wish some one would tell me how to iron pongee curtains."

"That's simple," said Mrs. Jane. "Take your choice, of these two methods. Iron the curtains dry, without dampening them at all, or dampen them evenly and iron them on the wrong side. If you iron them damp, be sure the moisture is evenly distributed, or you'll have watermarks on your curtains. Isn't that true, Aunt Sammy?"

"Yes, that's true. I prefer to iron pongee dry, whether it's curtains, or dresses, or underwear."

"One more question," said Mrs. Smith. "How should one press wool garments that have been washed?"

"Press them, while they're still damp, with a medium hot iron, until they'r dry, Using a pressing cloth if you iron them on the right side. Cheesecloth, slightly dampened, is useful in pressing flannels. It draws up the fluff of the material."

"I have a question myself," said Mary Alice, "but I'm not going to ask it till I've served refreshments. Put your sewing away, everybody, and see how loyally I observe Apple Week."

Would you like to know what Mary Alice served us? A delicious luncheon of Blushing Apple Salad, Hot Buttered Rolls, and hot Coffee.

Mary Alice made the salad this way. She selected medium sized apples, pared and cored them. The apples were cooked in a sirup made in the proportion of 2 cups of water and 1 cup of sugar. The sirup covered the apples, which were cooked in a covered pan. Red cinnamon candies, added to the sirup, gave the apples a pretty rose color. After the apples were cooked and chilled, they were filled with cream cheese, softened, and seasoned with a little salt, a little paprika, and a little finely chopped green pepper. If you like, you might form the cheese mixture into balls, roll them in ground nuts, and serve beside the apple. The apples were served on crisp lettuce leaves, and garnished with mayonnaise. Take my word for it--they were very good.

On the plate with the salad, Mary Alice served small, heated, buttered rolls, and hot coffee. Since the rolls had already been buttered, it wasn't necessary to serve butter on the plates. The rolls were fixed ahead, so Mary Alice didn't have to spend time in the kitchen after her guests came. I'm going to "borrow" her menu some day. I may serve bread and butter sandwiches, cut wafer-th. instead of the hot rolls.

Mary Alice's question was quite in keeping with National Apple Week. She wanted to know if apples couldn't be combined with carrots, since she has quite a supply of carrots this season. I told her I had a good Apple-Carrot combination which I was saving for my radio audience.

"Don't save it any longer," said Mrs. Smith. "Now is the time for all good cooks to come to the aid of National Apple Week."

I told them first about Fresh Carrots and Apples, Fried. Here is the recipe:

Select six medium sized carrots, and six tart apples. Scrape the carrots, and cut them lengthwise, into thin slices. Pare the apples, or leave the peelings on, whichever you prefer. Core the apples, and cut them into slices about a fourth of an inch thick. Fry the apples and the carrots in fat, preferably in a large iron pan or skillet. Place them in single layers, and cover the pan tightly. Cook till well-browned on one side, then turn. Sprinkle with a little salt and sugar. (Yes, the sugar is very good with the carrot.) Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be served together.

I gave them an Apple-Cabbage salad, too, with cream dressing they had never heard of. To make this salad, select good, tart, eating apples, peel, cut in small cubes, and mix with finely chopped cabbage. You may use equal proportions of apple and cabbage, more apple, or more cabbage. The Cream Salad dressing is made as follows:

Beat one-half pint of thick whipping cream until stiff; add 4 1/2 tablespoons of lemon juice, 2 tablespoons of fresh grated horseradish, a grating of onion, a few drops of tabasco, and salt to taste. These seasonings can be changed according to individual preference, but be sure there is enough dressing in proportion to the cabbage. Just a dash of cayenne pepper may be used if you don't have tabasco. If the horseradish is in vinegar, use only 2 tablespoons of lemon. Half a pint of cream makes enough dressing for about 3 cups of apples and cabbage, which will serve six people. Mix the cream dressing with the apples and cabbage. Serve on lettuce.

Plain cabbage salad with this cream dressing is very good. Cabbage salad may be served alone on a cabbage leaf, or on lettuce. Or place a slice of pineapple on the lettuce or the cabbage, and on the pineapple a good thick covering of the cabbage salad. A still more elaborate salad may be prepared by adding grated cheese to the pineapple-cabbage combination. A very attractive way to serve this cabbage salad, if it is made from curly cabbage, is to hollow out the head and use it as a bowl from which the salad is served. The value of cabbage as a source of vitamins, especially when uncooked, can't be pointed out too many times.

Here I go, talking about cabbage, as if this were National Cabbage Week, instead of Apple Week.

These recipes will be included in the cookbooks, which will be sent to anyone who listens-in to the Housekeepers' Chat from Station_____I'll have to dedicate two or three pages of the book to apple recipes.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

LIBRARY RECEIVED OCT 3 1935 U. S. Department of Agriculture

PROGRAM.....Housekeepers' Chat..... RELEASE.....Nov. 5.....

Reserve

ANNOUNCER'S ATTENTION: When making your introduction, please use the name of Aunt Sammy, and make it clear to your audience that this program has been approved by the U. S. Department of Agriculture. Aunt Sammy will be glad to answer all practical questions on household subjects sent to her.

* * * *

I'm going to be "different" today. While everybody else is celebrating National Apple Week, by thinking, talking, and writing, about apples, I'm going to talk about something entirely different. Don't think I've run out of apple recipes -- in fact, I have more apple recipes than I'll be able to give you in several months. Applesauce cake, and apple pie, and Brown Betty are next on the list. But perhaps you'll appreciate these recipes more next week. This year's bumper apple crop has furnished enough to last all winter.

I like variety, as I get it in your questions. By the way, I want you to know how much I appreciate your letters. When you send for your Radio Cookbook, please tell me what you think of the programs. Your suggestions help me a great deal in planning the "Housekeepers' Chats."

You will need your pencils and notebooks in a few minutes, but for the present we will talk about curtains, and choosing blankets, and the garden.

First question: "What type of drapery material should I get for overdraperies for my living room?"

This question is rather difficult to answer, since I do not know any of the colors or patterns in your living room. However, I can give you some general suggestions. The fabric, and the pattern, of the overdrapery material, should be dignified, and simple enough to suit all tastes. If the rug and the wall paper are figured, or the upholstery is decidedly patterned, the wisest choice for overdraperies is a plain-colored poplin, rep, sateen, light-weight denim, or casement cloth. If the rugs and chair coverings have small patterns, or are plain, figured materials in the overdraperies are all right. Figured materials relieve the monotony, and create a homey effect. Avoid large, brilliant floral designs that look too natural. Colors that are soft and carefully blended, without being wishy-washy, and dignified conventional designs, are suitable.

A friend of mine bought some curtain material last week--blue on one side and rose color on the other. The rug in her living room is a greyish taupe, with a wide blue border, and a suggestion of rose color in the conventional design.

The curtains are hanging at the windows now, and my friend is a much disappointed person. She finds that she has made a very poor choice of curtain material. In the first place, the shiny fabric she bought isn't suitable for one

[illegible] Page 3.

[illegible] When making your introduction, please use the name [illegible] [illegible] in your readings that this reference is been [illegible] [illegible] Thursday [illegible] Anne Ga[illegible] will be glad to [illegible] [illegible] [illegible]

living room in ten. Second, it's such a sleazy piece of material that the light, coming through it, shows up the poor weave, and it will soon pull and look very unsightly. (In choosing fabrics for practically every use, one should pull a sample back and forth, and see whether the warp and woof stay in place, or slip apart, leaving ugly gaps.) Third, the combination of rose and blue makes a sickly purpose that cuts out sunlight and daylight, and throws an unpleasant caste ove the room.

If my friend had chosen a cretonne, with a soft tan background matching the wallpaper, and conventional bird and flower motifs in blues, green, rose, and some purple -- attractive pillows, pieces of pottery, and pictures would have suggested themselves to go with the colors in the cretonne. Those plain, very shiny fabrics make one think of parlors that are trying to appear "dressed up." They just don't suit living rooms!

"What points," asks a homemaker from Montana, "should I look for in buying my winter blankets?"

I don't wonder that the lady from Montana wants to get her money's worth in blankets. I've heard that Montana is the hot-bed of blizzards. But to get back to the blankets. Choose a blanket that is firmly woven, of heavy yarn, textile specialists say. Then when the nap becomes worn off, and matted down, the blankets can be re-napped. It is the fluffy nap that makes blankets warm. Yes, you can re-nap blankets at home with hand cards, or some laundries and cleaners have napping machines. All blankets are originally woven as a flat fabric, and then are fluffed up by means of wire brushes. Look for firm edges, and good bindings, too, when you buy blankets.

Question No. 4: "Should spring flowering shrubs be pruned in the fall?"

Shrubs that bloom in the spring on last year's growth of wood should not be pruned in the fall. Fall pruning would destroy the blooming effect of the shrub for the following spring. All spring flowering shrubs should be pruned in the spring, just after they have flowered.

Number 5: "Is the fall a good time of year to get the special soil used in forcing beds?"

The plant specialists say that soil for use in forcing beds should be prepared about a year in advance of the time it is needed. It is usually prepared by composting sods, manure, and loam together, in about equal parts. It takes several months for the materials to decay properly, and be suitable for use in forcing beds.

And 6: "How warm should I keep the storage cellar for my apples and potatoes?"

Keep the temperature of your storage cellar for apples and potatoes as low as it can be under natural conditions. A safe plan is to avoid having the temperature go below 36 or 38 degrees, in order to be safe from frost injury.

Come out of the garden now, and into the kitchen, while I give you a few pointers about soup--a tempting dish, for appetites sharpened by cold weather.

[illegible] Second, [illegible] already [illegible] of material [illegible] the [illegible] [illegible] SHOWS up [illegible] [illegible], and it will soon pull and look [illegible] [illegible] fabric. [illegible] practically every use, one should utilize [illegible] [illegible] warm and [illegible] wearing in place, or slip [illegible] [illegible] (Thus, the combination of rose and blue makes a [illegible] [illegible] out sunlight and daylight, and throws an unpleasant [illegible]

If my friend had chosen a crosstone, which a soft tan in general matching [illegible] paper, and some natural wood and flower marks in green, red, and [illegible] purple — [illegible] pillows of [illegible], and pictures [illegible] [illegible] with [illegible] in the crosstone. These plain, very [illegible] [illegible] more than [illegible] trying to appear. [illegible]

[illegible] [illegible] room:

"[illegible] to remember [illegible], though [illegible] for in [illegible] "[illegible]"

[illegible] [illegible] [illegible] [

Clear soup is often served at the beginning of a meal, as an appetizer. Clear soups are largely water, and are valuable as stimulants, to the digestive juices. Cream soups, and vegetable soups, are nutritious because of the milk and vegetables they contain. A rich, thick soup, served with bread and butter or toasted crackers--may occasionally be the main dish in a winter menu. Soup meals are economical. They provide a good way of using left-over bits of fish, meat, poultry, vegetables, and cooked cereals. Meat fats, used in small quantities give flavor. When enough meat is added to make the soup a hearty one, the whole meal may be served from left-over bits. Dumplings are frequently added to soups made this way.

Tough cuts of meat, containing bone, lean, and connective tissue, with little fat, are used for soup. The tough cuts are usually just as well flavored as the tender cuts, and less in price. The aim in making soup is to extract as much of the meat flavor and of the protein that forms gelatin, as possible.

Sear a portion of the soup meat, to develop the flavor. Start the cooking in cold water, to draw out the soluble matter in the meat. After cooking, take out the meat and set the soup aside to cool. The fat will come to the top, and generally can be lifted off in a solid cake. This meat broth, or meat stock, is then ready to serve as a clear soup, or it can be used as stock for vegetable soup.

The left-over meat has food value, although rather flat in taste. Left-over soup meat can be used in croquettes, baked hash, or as filling for stuffed peppers.

Bread and butter, crackers, or saltines are good served with soup. If you want something different, put the crackers or saltines in a pan, brush them with melted butter, sprinkle with grated cheese, and bake until delicately brown. The crackers burn easily--watch them carefully while they're baking. Or you may use stale bread, cut in cubes, and browned in the oven. The French call these toasted bits of bread "croutons."

I am going to tell you more about soups, during the winter. Now I want to give you a recipe for Vegetable Vitamin Soup, and a quick vegetable soup at that. You know how we used to cook vegetables--a long, long time, in lots of water, till the color, and the flavor, and the shape, were almost gone. Now we cook them quickly, in a small amount of water, and keep the liquid they're cooked in. This "pot liquor" is valuable, for it contains important mineral matter.

For the Vegetable Vitamin Soup, you will need the following ingredients:

1 cup cubed carrots	1 cup tomato juice
1 cup chopped onion	2 tablespoons chopped green pepper
1-1/2 cups celery, chopped	6 tablespoons butter
1 cup cubed turnips	3 teaspoons salt
2 cups cubed potatoes	1/4 teaspoon pepper

2 quarts meat stock

Brown all the vegetables, except the potatoes, in a skillet for about 10 minutes. This helps develop the flavor. Then place the contents of the skillet in a saucepan. Wash out the particles of browned vegetable clinging to the skillet

[illegible] often served [illegible] of a meal, as an appetizer [illegible] in [illegible], and the [illegible] a [illegible], the [illegible] vegetable [illegible] [illegible] a rich, thick [illegible] [illegible] and [illegible] [illegible] [illegible]

and add to the stock in the saucepan. Boil 20 minutes, then add the potatoes and the tomato juice. Cook 10 or 20 minutes longer. The potatoes are added last, because they do not require much time to cook. If they were added with the other vegetables, the potatoes would overcook.

Using the Vegetable Soup as a main dish, you might serve with it slices of cold meat, left over from yesterday's roast, a tart relish, rolls and butter, a crisp lettuce salad, and baked apples with cream, for dessert.

We began the week with applesauce, and we're ending it with baked apples--apple-pie order for Apple Week.

To repeat the menu: Vegetable Vitamin Soup, cold meat, rolls and butter, relish, lettuce salad, and baked apples.

This menu and the soup recipe will be added to the Radio Cookbooks.

[illegible] in a saucepan. Boil 20 minutes, then add the potatoes [illegible] into pieces. Cook 15 or 20 minutes longer. The potatoes are added last, [illegible] not require much time to cook. If they were added with the other [illegible] they would overcook.

[illegible] the Vegetable Soup as a main dish, you might serve it with 24 biscuits [illegible] left over from yesterday's toast, a tart relish, milk and water, a [illegible] salad, and baked apples with cream for dessert.

[illegible] the soup, add one with a pressure, and serve only it with baked apples [illegible] for supper.

[illegible] the menu: Vegetable Vitamin Soup, cold [illegible], milk and [illegible] [illegible] cabbage salad, and baked apples.

This menu will [illegible] a soup recipe will be added to the Menu Cook Book.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

LIBRARY RECEIVED NOV 2 1938 U.S. Department of Agriculture

PROGRAM Housekeepers' Chat RELEASE Nov. 8.

Reserve

ANNOUNCEMENT: There are a number of good things in the Housekeepers' Chat today--timely breakfast suggestions, advice on growing plants in the winter, and a tempting menu for cold days. If you haven't sent for your copy of the Radio Cookbook, send for it now, before the supply is exhausted. The cookbook contains menus and recipes, every one of which has been approved by the U. S. Bureau of Home Economics. Aunt Sammy will be glad to answer practical questions, on household subjects, sent to her in care of Station _____.

* * * * * *

We're going to start the week right this time. With a bit of poetry, about oranges. I have always been fond of oranges, even before I knew they contained that notable Vitmain C, which helps keep little children in good health. Oranges, lemons, grapefruit, fresh pineapple, and raspberries are all fruits that belong in the Vitmain C class.

Tomatoes, cabbage, and turnips are three of the outstanding vegetables in this same class, famous for the Vitmain C they contain.

Here's the poem. It's called "To an Orange". I'll read two short verses. (Read slowly).

"In days gone by we thought you rather vulgar,
Playing a humble--tho' not hidden part,
The darling of the undiscerning many,
Sold from a stall (at two or three a penny)
Or coster's cart.

"And now you yield to neither pines nor peaches,
To muscats pale, nor delicate nectarines,
But cheerfully adorn the proudest table,
Since yours it is to bear the glorious label --
'Richest in Vitamines"!

Oranges aren't really an richer in vitamins than are some other fruits, but then poets are entitled to a little poetic license.

I'm talking about oranges today, because I forgot to mention orange juice, in the breakfast program last week. And I'm afraid if I don't say something about orange juice, you'll think I don't know any better. Orange

juice is especially good for children, and for people who have only a limited time for breakfast. Serving the juice isn't any more expensive than serving whole oranges, because you can use small oranges for the juice.

Since I have to serve an early breakfast at my home, I always prepare the orange juice the night before. I keep the juice in a tightly covered container, so the fresh flavor won't be lost. When oranges are cut up so that air comes in contact with the juice and pulp, oxidation takes place, as the chemists say. The acids which give oranges their delicious flavor are changed, and the juice, and pulp, get a slightly stale flavor. The moral is, if you are preparing oranges ahead of time, be sure to keep them tightly covered.

Grapefruit is on the market now. It can also be prepared the night before. Peel it and pull it apart into sections, as you would an orange. Pull off the heavy skin, and you will have neat, attractive sections. There's a special advantage in preparing grapefruit this way.

"When grapefruit is cut up,
And eaten like pie,
You get more in your mouth,
And less in your eye".

Less on the tablecloth, too, and on the clothes.

Don't oversugar the grapefruit, and spoil the good fresh flavor.

While we're on the subject of breakfasts, do you ever scramble eggs in the double boiler? Instead of cooking the eggs in the skillet, try them in the double boiler, at a low temperature, so they will cook slowly. Scrambled eggs cooked this way are quite different from skillet scrambled eggs, which are often greasy and over-cooked. Scrambled eggs, cooked in the double boiler, are especially good for children.

Do you ever try spoonbread with bacon, as a breakfast dish? Well, well, there's a lady who says she never heard of it before! I'll have to hunt up my recipe, and give it to you this week.

One more thing, before I leave the subject of breakfasts. Don't let the children have too much sugar on their breakfast cereal. Too much sugar makes the cereal so sweet that it cloys the appetite before the cereal is half eaten. A certain mother of my acquaintance has a difficult time with her five-year-old. Several times I've heard her say, "Johnnie, eat your cereal! Let Mother put some more sugar on it, and maybe her little boy can finish it. Want some sugar on your toast, too, dear"?

Some day, when I'm feeling courageous, I'm going to tell that mother to salt the cereal sufficiently, put cream, or rich milk on it, and omit all of the sugar, or anyway most of it. She's the kind of a woman who doesn't like to be told things, so I may lose her friendship.

There are about half a dozen questions to anwer before I get to the menu but it's worth waiting for.

The first question is from a man who wants to know what to plant in his porch boxes for the winter months.

Why not plant dwarf evergreens in your porch boxes. They give a decorative effect, during the cold season. After the evergreens have been used for a season, they may be planted around the home grounds. Plant specialists say it is not advisable to keep evergreens in boxes during the summer, unless an adequate supply of moisture is furnished their roots. In the colder parts of the country, some winter killing may result to evergreens planted in boxes, because of excessive moisture.

Second question: "Is there any way of handling porch-box plants, late this fall, so they won't need to be replaced next spring"?

Again I refer you to the plant specialist: If window boxes are planted with annual plants, or bedding plants, it is not satisfactory, as a rule, to keep the plants growing over winter. During the fall, however, in the case where bedding plants are used, cuttings or slips of the plants can be taken and these can be grown in pots, and set out in the window box again next spring.

Third question: "Should geraniums be watered abundantly"?

Geraniums should be watered only moderately, if you want them to bloom.

Here's a Kansas housewife who wants to know how to store a few bushels of sweet potatoes. Store them in a spare room, or in a dry, well-ventilated cellar. The temperature at first should be 75 to 80 degrees. It is very important that the sweet potatoes be cufed for the first few days. Later the temperature should be 55 to 60 degrees. Don't store sweet potatoes in tight barrels. They keep best in well-ventilated crates or baskets.

Here's a question that had me stumped for a minute. "Is there anything I can feed my canaries, during the molt season, which will intensify their color"?

Believe it or not, there is. All you have to do is add a teaspoonful of ground sweet red pepper to the regular egg- and-bread-crumb food. Mix these till the food is an even, reddish, tint throughout. Each bird should

Some day, when I'm feeling courageous, I'm going to tell that [illegible] to. [illegible] cream, or rub milk on it, and [illegible] or anyway, out of it. She's the kind of a woman who doesn't [illegible] to tell strangers, so I'm [illegible] her friendship.

There are about half a dozen questions [illegible] I get to the [illegible] but the work writing for.

The first question is from a man who wants to know what to plant [illegible] in boxes for the winter months.

[illegible] dwarf [illegible] boxes. They give [illegible] during the [illegible] the [illegible] [illegible] available. [illegible] in boxes [illegible] the [illegible] of [illegible] as [illegible] their [illegible] of the country, some winter filling may [illegible] become of [illegible] delicious.

[illegible] any way of [illegible] into this full, so they [illegible] to be [illegible]?

[illegible] you to the plant [illegible] or [illegible] [illegible] or bedding plants, or bedding [illegible] [illegible] [illegible] plants grow in over winter. During [illegible] [illegible] [illegible]

have one small teaspoon of this food--prepared fresh--every day. The addition of a little brown sugar and a few drops of pure olive oil is beneficial. The quantity of pepper in the mixture is increased gradually, until two heap-teaspoons of it are used.

Feeding canaries isn't exactly in my line, but you see I do try to answer your questions. If you want a very interesting bulletin on canaries, send for "Canaries, Their Care and Management". You will learn a great deal more from the bulletin than you can from me. Send for Bulletin No. 1327F.

Here's a good practical question: "Can you tell me how to dye a light blue silk crepe dress a darker blue? The material is of good quality. The last time I dyed a silk crepe material, it came out streaked".

Streaked dyed materials are due to one of these three things: first, placing the fabric in the dye before the dye is completely dissolved; second, using too small a container and not enough water; third, not keeping the fabric in circulation during the dyeing process.

Dissolve the dyestuff in a small quantity of water. Strain through a small cloth into the bath, and mix thoroughly. Use enough to allow the fabric free circulation. Wet the fabric thoroughly, before putting it in the bath. Keep it moving throughout the dyeing. Rinse very thoroughly with a number of changes of water. If you use a commercial package dyestuff, follow the directions on the package, implicitly. Different dyestuffs require different mehtods of application, and only the manufacturer knows what particular dyestuff is furnished in that package.

I believe I have answered this last question before, but perhaps you missed it. "Should water be served with meals"?

It should, always. Water with meals used to be considered harmful, but we know better now. Water drunk with meals aids digestion, provided of course that it is not used to wash down food. Milk should always be provided for the children unless their daily amount has been included in the meal in some other way. It is usually wiser to have the younger children drink their milk before water is given at meal time. Be sure the children drink sufficient water between meals.

Now we're ready for the menu. Last week, while I was looking over the recipes for soups, I found an excellent one for fish chowder. "Just the thing for these chilly days", I thought to myself, " and besides, it would look nice in the cookbook, right alonside that Vegetable Vitamin Soup".

Do you know that fish, especially the salt-water kinds, both fresh and canned, are the best known source of iodine? We need the iodine to keep our bodies normal and healthy. It is a lack of iodine, for instance, in food and drinking water, that leads to one form of the disease known as goiter.

Scientific workers have discovered that there is a goiter belt through the inland states, where there is a deficiency of iodine in the soil, and where the people eat small quantities of fish, and sea food. Therefore, if you must have a "good health" reason for everything you eat, there you are!

Plan to serve toast or toasted crackers with the fish chowder. As chowders ordinarily include both potatoes and crackers, no starchy vegetable is needed. The chowder must be served in a soup dish, so it will be more convenient not to have a second vegetable with it, but to serve one in the form of salad.

A celery and pimento cheese salad is easily made. The cheese is packed into the hollow part of the celery stalk, cut in convenient pices for handling. Place the celery on lettuce leaves on individual plates. If you can get fresh tomatoes, put a slice of two on each plate to add freshness and give an attractive color note. If you like raw onion or pickles, use either or both with the salad. (Read slowly).

For fish chowder you will need 1-1/2 pounds of fresh fish. Cod or haddock is the kind generally preferred for chowder, but any kind of fresh, dried, or canned fish will do if it has large flakes of meat and only a few bones which can be easily picked out before the fish is combined with the other ingredients. Or if you prefer, use a quart of clams or oysters instead of the fish.

In addition to the 1-1/2 pounds of fish, you will need: 6 potatoes, peeled and cut in small pieces; 1 onion, sliced; 2 cups carrots cut in pieces; 1/4 pound salt pork; 3 cups milk; pepper. Now for the method of making. Cut the pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in a kettle and cover with boiling water. Cook until the vegetables are tender. Add the milk and the fish which has been removed from the bones and cut in small pieces. Cook until the fish is tender, or for about 10 minutes.

Chowder can be thickened with flour, but most people prefer to add crackers, in imitation of the fishermen who always used pilot bread. For this quantity of chowder you will need about 8 or 9 good-sized crackers. Split them so that they will soak up the liquid evenly and not be soft on the outside and dry inside, and add them to the chowder a few minutes before serving. If you are using flour for thickening, mix 3 tablespoonfusl with about one-half cup of milk, stir it into the chowder, and allow it to cook for a few minutes. If you prefer a chowder made with tomatoes, use 2-1/2 cups of stewed and strained tomatoes instead of the milk.

I suggest gooseberry pie for dessert. However, if you do not have canned gooseberries, you might use canned rhubarb sauce. And if you don't have that, a lemon pie will do nicely.

Here's a "helpful hint" about pies: When making any juicy fruit pies, prebake the undercrust, till it begins to color up, to prevent its being soggy. Then fill with thick, sweetened fruit sauce, put the top crust on, and bake as usual.

To repeat the simple menu: Fish chowder, with toast or toasted crackers; celery and cheese salad; goosberrry pie.

This menu, and the recipe for the fish chowder, will be added to the Radio Cookbook. Don't forget to send for your copy.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Tues. Nov. 9

ANNOUNCEMENT: Aunt Sammy has included a "number of things" in her program today--a short skit about furnaces for the practical-minded; and holiday recipes for everybody. The recipes have been approved by the U. S. Bureau of Home Economics, and will be included in the second set of sheets sent out for the Radio Cookbooks.

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I wish you could see the stack of letters I received this morning ---- letters from almost every part of the country. One listener says she became so engrossed in the chowder recipe yesterday, that she let ther cake burn. That is what I call the sincerest form of praise. If I had time, I'd make this lady a cake. Since I can't do that, I'll send her a cake recipe, which will compensate for the burnt cake.

There are many questions to answer today. I won't spend much time on the first number of the program, a monologue entitled "Feeding the Furnace", by Polly Flinders. Come on now, Miss Flinders, don't be bashful. (Miss Flinders has just come up from the basement. There's a smudge of soot across her nose.)

Come on, Miss Flinders-- the ladies can't see you. They want to know something about operating a furnace, so when their husbands are out of town, they can keep the house warm. What's that? Miss Flinders says there ain't no husband can keep a furnace any better'n she can! (Please excuse her grammar. When Polly gets to talking on furnaces, she forgets all about her English). Ready, Polly? Make your bow. That's right! Now begin.

"I'm Polly Flinders, and if I do say it as shouldn't, I know more about furnaces than most people in these United States. Furnaces are my hobby. Some girls collect chiny pitchers, and some make tissue paper posies, but I fire furnaces!

"When the weather's mild, I let the ashes stay on the grate. I don't ever leave ashes under the grate in the ash pit. I clean them out, right after shaking. If you leave ashes in the ash pit, they keep the air from circulating, they hinder what the scientific fellows call 'combustion', and they injure the grates. If there ain't-- I mean isn't--enough air, the iron is likely to melt.

"Don't ever shake a fire down till it's had time to catch. When you come downstairs in the morning to tend the fire, open the smoke-pipe draft damper, and the ash-pit draft damper, throw on a little fresh coal, and let it catch,

good--I mean well--let it catch well. When it is glowing, of, if you're in a hurry, soon as the blue flames stop flickering through the fresh coal, shake the grate back and forth, with a short, quick motion. Don't turn the grates clear over, unless you have to, to get rid of a big clinker. Soon as you see a bright spot through the grate, stop shaking, and clean out the ashes. Sprinkle the ashes, if you can, before you handle them. I kepp a small watering pot near the furnace. It helps in laying the dust.

"I don't ever like to distrub a fire by poking it, or turning it upside down. Most generally it will catch up, and burn, if I give it enough time. Is that enough to tell the ladies about furnaces, Aunt Sammy?"

Yes, Thank you, Polly. What's that? Polly Flinders wants you all to know that she didn't read that speech--she committed it to memory. Just between you and me, she's rather proud of it, too.

By the way, if you want to know more about furnaces, write to me, and I'll send you Bulletin No. Eleven Nine Four-F, which tells about operating a home heating plant.

The top question in the question box today is about sponge cakes. "At what temperature should sponge cakes be baked?" asks an Illinois housekeeper.

The Recipe Specialist in the Bureau of Home Economics says sponge cakes require a very low temperature, 325 to 350 degrees Fahrenheit.

Question No. 2: "I have read that pricking a baked potato, to see if it is done, lets out the steam and delays the baking. How should baked potatoes be tested"?

Never prick a baked potato to see if it is done, advises the Recipe Specialist. Keep the steam in as long as you can, so the potatoe will cook more quickly. Occasionally, while the potatoes are baking, press them with the fingers, wrapped in a towel. Then they'll be nice and mealy. (The potatoes, I mean, not your fingers). Be careful not to break the skin of the potatoes. When they're done, prick them with a fork, to let the steam escape. Another thing--does your cookbook say to put baked potatoes in a hot oven? So does mine. The Recipe Specialist says it's better to put them in a medium hot oven, so the outer surface won't get hard before the potato has a chance to cook through.

Third question, also on the subject of potatoes: "Should hot potatoes be served in a covered dish?"

"No", says the Recipe Specialist, in such an emphatic tone that you just know she means it. "Never serve hot potatoes in a covered dish", she says. "It

holds in the steam, and makes the potatoes soggy".

Question five is from Montana: "Why do some woolen materials shrink more than others"?

Makes one realize that prudent homemakers are laying in winter supplies. Some wool has been passed through a process which makes it non-shrinkable. Also, the more tightly woven woolens do not shrink so much as the loosely woven. The method of spinning woolen yarn also has an effect on shrinkage, when the wool is washed, but it is impossible to tell this when buying the material.

Number six: "I am stout", writes a listener from Florida, "undeniably stout, with short plump arms. Please tell me what lines will be most becoming to me".

For the stout figure, long vertical lines, and simplicity, both of line line and of material, should be the keynote. Diagonal lines, when carefully used, are more effective in giving length, than are vertical lines. A surplice effect, for instance. Don't ever wear a waist of one color and a skirt of another.

You say your arms are short and plump. Again vertical lines are best. Long, simply cut, loose sleeves make the arm seem longer, and more slender, than do fancy sleeves. A tight-fitting sleeve makes the arm seem larger, and besides, it is very uncomfortable.

I read something the other day about fall fashions for men. You know what wide trousers the high school and college boys are affecting. This article says the very wide trousers are going out, because they are so confusing. One college boy accidentally put both feet in the same trousers leg, and walked clear across the campus before he found his mistake. Embarrassing, was it not?

But I'd better keep off the subject of men's fashions, or I'll be getting some questions I can't answer.

Here's a lady who asks me why I object to large flower designs in dresses.

Just "because". In the first place, large flowers, or very natural designs of any description, aren't appropriate for dress materials. I had a plump schoolmate once who went in for the biggest and brightest flowers on the dress market. She had an organdie dress with a design of bright purple thistles--not a thorn missing. I scringed every time she sat down.

Conventional designs which are simple, and not necessarily true to life, are much more pleasing, less conspicuous, and one does not tire of them. However, even conventional designs must be carefully chosen. Stout figures may wear mat-

erials with large designs, provided there is not much difference in the value of the colors used. As a general rule, dark designs should be used on a dark background, and light designs on a light background, to keep the color values the same. Large, bright designs make small persons seem smaller. Many small, bright designs seem to make large people still larger, because it takes so many of the small designs to cover them. In other words, dress designs should never be too large in size, or too bright in color, for the build and personality of the wearer.

One more question about clothes: "Would it be all right to combine two designs, such as a stripe and a plaid, if they are in the same colors"?

It is much better never to combine stripes and plaids in the same garment. Plain materials of a harmonious color should be combined with figured materials, if any combination is made.

I've saved the food question till the last, so you may take the answer for your notebooks. Some day this week I'm going to talk about rabbits. I'll give you some rabbit dishes worked out by the specialists in the Bureau of Home Economics. But today, I'm going to give you cranberry recipes, since fiver persons have asked for them.

First, Cranberry Jelly. I'll read this very slowly, so you can take it down. Ready?

Perfect Cranberry Jelly depends on several fine points. First, use the right amount of hot water -- two cups to each quart of berries--no more; second, boil the cranberries rapidly, until they burst, but no longer, or you will destroy the pectin that makes the jelly "jell"; third, press the fruit through a fine sieve, rather than through a colander, to remove seeds as well as skins. Allow two cups of sugar to each quart of cranberries. Add it to the strained pulp. Cook about a minute, or until the jelly sheets from the spoon. Mold in small bowls, holding about the right quantity for one meal. Cranberry jelly "weeps", or runs, after it is cut, hence it is more attractive to place a fresh mold on the table, at each serving. Cranberry jelly keeps well. It will save time to make up ahead the supply for the holiday season.

That reminds me--a few extra jars of an especially good jelly, or preserve, will help solve the Christmas gift problem. I wouldn't mind having a glass or two of cranberry jam for a Christmas present. (Hope the forgetful lady who sens me a cut-glass picle dish every Christmas will hear this. She has sent me cut-glass pickle dishes for seven years, and I think seven cut-glass pickle dishes is enough for any ordinary housekeeper).

For the cranberry jam you will need the following ingredients:

(Read very slow).

1 quart cranberries	1/2 cup raisins
2 cups sugar	1 cup water
1 orange and a little of the peel cut rather fine.	

Chop coarsely together the cranberries, raisins, orange, and orange peel. Add the sugar and water. Cook for 1/2 hour, stirring often. Place in jelly glasses.

This jam is excellent to serve with meat, or for use as a sandwich filling.

The last cranberry request is for Candied Cranberries, to be used as a sweetmeat, or in place of candied cherries for garnishes, puddings, sauces, salads, and so forth. I have the recipe here, which has been tested in the Bureau of Home Economics. It's too long to read, however. Tell you what I'll do. I'll have this recipe, for Candied Cranberries, put in the Radio Cookbooks. If you have already received your cookbook, you will get the recipe, with those I have broadcast recently, on separate sheets of paper. Don't forget to tell me what you think of the recipes, and if you have any suggestions, send them along. I get a great deal of help from your letters.

[illegible] very alone.

I wrote on [illegible] I [illegible] my [illegible]
I have [illegible] I may [illegible]
I [illegible] in [illegible] of the [illegible] [illegible] fine

[illegible] or [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] the [illegible] and [illegible] [illegible] [illegible]

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Wed. Nov. 10.

ANNOUNCEMENT: This is American Education Week, and today is "Know your School" day. Aunt Sammy always keeps right up to date on these special weeks, whether it's Apple Week, or Spinach Week, or Education Week. You'll be interested in this program, whether you have children in school or not.

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We're all going back to school again today. Not to learn the names of all the bones in the human body, nor what year Washington crossed the Delaware, but something even more important.

I have three reasons for teaching school. First, it's "Know your School" day. Second, Mrs. Farley, who lives on Ellis avenue, in Chicago, said she'd like to have another school-day program. Third I have some new sandwich combinations for you, and a recipe for Parisian Sweets.

We can't begin till I find my steel-rimmed spectacles, the better to see you with. Here they are, on top of the piano -- I mean the organ. The little cottage organ, with its red trimming, and the F sharp key that always sticks.

What shall we sing this morning? Something stirring, and patriotic, like "My Country, 'Tis of Thee". Page Number 1, in the music book. A little faster, please. That's <u>much</u> better.

Now get your pencils and your slates, and take notes on the lesson. You never can tell when I'm going to spring an examination on you .

"Mrs. Brown, what is the outstanding reason for poorly nourished school children"?

"Bad food habits".

"Correct. Bad food habits. Are children usually to blame for their bad food habits?"

"No, ma'am. For instance, children may get the habit of eating unsuitable dishes, because their mothers haven't time to prepare two separate meals. They don't realize how easy it is to adapt the grown-up's food to the

children's needs, simply by making a few changes when cooking or serving the food. Sometimes mothers don't know that children should have simple food, instead of the highly flavored food the rest of the family eat."

"Very good," Mrs. Brwon. As a matter of fact, every member of the family would be better off, with simple food. There isn't a great difference between what is good for children, and what is good for parents. Of course it is more important that children have an abundance of growth-promoting foods."

"Mrs. Green, can you tell us what foods a child should have, each day?" (Mrs. Green wasn't paying attention. She didn't hear the question). All right, Mrs. Mugglestone. (You remember Mrs. Mugglestone. She's the lady who kept the neatest notebook in the class. She was "smart", too. Sometimes I suspected she knew even more than the teacher). Mrs. Mugglestone, please tell the class what foods a child should have, every day".

"Yes, ma'am. The growing child should have, each day, the following foods:

"First: Milk, at least a pint: More, of course, if he can take it without omitting other necessary foods.

"Second: Vegetables. Potatoes and two other vegetables. (Use green leaf vegetables and tomatoes, often).

"Third: Fruit, two kinds, one fresh, and the other may be dried or canned, if fresh are too expensive.

"Fourth: Cereal, in the form of bread or breakfast food. (Use whole-grain products frequently).

"Fifth: Egg, or meat, or fish, at one meal a day.

"Sixth: Butter, at every meal.

"Seventh: A few simple sweets, at the end of the meal. These may be plain cookies, raisins, dates, or figs; jelly, molasses, brown sugar, maple sirup, or honey".

"Correct, Mrs. Muggleston, absolutely correct. Now please tell the ladies why milk and eggs are important foods for children".

"Children need 'protein' foods, to make flesh and muscle. In the efficient protein group we have milk, eggs, meat, cheese, and fish. Cereals and some vegetables, too, contain protein, but not of the kind called efficient. I put milk and eggs first because their protein is in a form that the body can use

very easily".

"Another question, Mrs. Mugglestone. What minerals are important for growing children?"

"Minerals important for growing children are calcium, for the bones and teeth; iron, for rich, red, blood; and phosphorus, for bones, blood, and muscle. All these minerals are found in milk, eggs, meat, and fish, some in one, and some in another. Fresh fruits and vegetables are also good sources of minerals".

"What about cereals?"

"Oh, cereals contain mineral salts, too, when a large part of the grain is used. The dark, coarse breads and breakfast foods, besides having a nutty flavor, are good because they contain minerals and vitamins. They are bulky, too, and help prevent constipation. Growing children need vitamins--those substances necessary for normal health and growth. There are several different vitamins, each serving a definite purpose in the diet. Parents don't need to worry about vitamins, however, if they give their children the seven kinds of foods I mentioned a while ago".

"An excellent recitation, Mrs. Mugglestone, but you have forgotten one thing that children need. What! You don't know the answer? (Mrs. Doolen, stop snickering! This is the first time Mrs. Mugglestone has everbeen unable to answer a question). Maybe you can tell us, Mrs. Doolen, what children need, that hasn't been mentioned".

"Water, begorry! And they nade a lot of it! Teach 'em the water-drinkin' habit early. Make 'em drink it early in the morning, and jist before their meals. It clanes 'em out, inside. My Peggy drinks about six glasses a day, and ain't she the healthiest colleen in the neighborhood! Smilin' all the while! And the rosiest cheeks! Just like her Dad's. Poor Patrick wuz a hard drinker, too, but he didn't drink water, more's the pity. I remember one time when he--"
"

"Now, now, Mrs. Doolen! The school room isn't the place to discuss personal matters. You are right, about the water. It is very necessary, for both children and grown-ups. It is needed to make body fluids, such as blood and saliva, and to regulate the body heat.

"Are there any questions? Mrs. Smith?"

"I'd like to know if meat, in small portions, is harmful for very young children".

"A good, general, rule to follow is to give a child two years old, or, over, an egg every other day, and about the same amount, (two ounces), of meat, fish, or poultry, on the days that come between. If for any reason these foods are omitted from a child's diet, he should have other suitable foods to take their place--preferably an extra amount of milk. Does that answer your question?"

"Yes, ma'am. And do you know a good way to cook eggs for very young children, so the eggs won't be hard to digest"?

"Yes. Eggs are especially good for young children. The chief point to remember, in cooking eggs, is that they must not be overcooked, or they may cause indigestion. I suggest that you coddle the eggs. Then the yolks will be cooked and the whites won't be overcooked. Here's the method: Allow a cupful of water to each egg. Bring the water to the boiling point. Remove it from the fire. Put in the eggs. Cover the dish closely. Leave the eggs in the water, for about seven minutes. There is some uncertainty about this method, for eggs differ in weight, and also in temperature, when cooking begins. On the whole, however, this method can be more depended on than others. It is all right to pour hot water over eggs, if the same dish, with the same amount of water, is always used, but each cook must make her own rules.

"Now I'm going to call on members of the class for sandwich suggestions. Sandwiches which are good for children, and easy to pack in the school lunch box, Mrs. Smith"?

"I have been making peanut sandwiches for my youngsters. I put the shelled, roasted peanuts through the food chopper, using the medium fine knife. I don't use the nut knife, because it grinds the peanuts too fine. Then I mix the ground nuts with cream, just enough to moisten, and salt to taste, and make a mixture suitable to spread. My children like this 'spread' on graham, or whole-wheat, bread. It isn't sticky, as peanut butter is".

"An excellent suggestion, Mrs. Smith. Peanuts have a high food value. They are considered a source of efficient protein, when eaten with wheat bread. Nuts are good in many kinds of sandwiches. They're especially good with raisins, dates, figs, or prunes, or with cottage or cream cheese. Mrs. Ross, what are your favorite sandwich combinations"?

"I have been making a peanut butter and celery sandwich. I chop the celery fine, add it to peanut butter or ground peanuts, and mix until creamy. I spread this mixture between slices of whole-wheat, or graham, bread.

"My second suggestion is chopped eggs, and celery. My 12-year-old is especially fond of this. I chop the hard-cooked eggs up fine, and season them with salt and pepper. Then I add half as much finely chopped celery, and mix together with enough mayonnaise to make it easy to spread.

"Raisins and celery and mayonnaise are a good combination, too. And my boy likes baked beans and chili sauce. I use about two tablespoons of chilli sauce to a half cup of baked beans, mash the mixture till it's smooth, and spread it on brown bread, or graham bread".

"Good ideas, Mrs. Ross. Did you have question, Mrs. White?"

"Yes. What's the best way to pack baked apples in a child's lunch box? I like to send baked apples, occasionally, for the sake of variety."

"Put the baked apple in a waxed paper cup. A few stalks of crisp celery are relished by most children, too. The celery adds variety, as well as vitamins. You can pack the celery in waxed paper sacks, or simply wrap it in waxed paper. What's your question, Mrs. Muggleston?"

"I'd like to know how you'd keep that baked apple from spilling, in the lunch box".

(Dear me! These exceedingly practical people--how they do worry their teacher!) A careful child could carry the apple, as I suggested, in a waxed paper cup, in a tin lunch box. Or he might carry the apple in a jelly glass, with a lid. And if he were a frolicsome boy, who'd rather take a paper sack than be bothered with lunch boxes, and glass jars, he might take his apple au naturel, which in this case means raw.

Before we conclude this lesson, I want to give you a lunch-box confection, made of dried fruits, and nuts. It is sometimes called Parisian Sweets. It is simple, and easily made from household materials. Dried fruit and nut confections are recommended for children, by the Department of Agriculture, because they are less sweet than candy, and because many dried fruits contain iron, and other minerals which children need. Try putting a few of these confections in the school lunch box occasionally, in place of cookies or cakes. A fruit mixture of this sort makes a good sandwich filling, too.

Here's the recipe, for Parisian Sweets: (Read slowly)

1/2 pound figs
1/2 pound dried prunes or seedless raisins
1/2 pound nut meats
Confectioners' sugar

Wash, pick over, and stem the ffruits. Put them, with the nut meats, through a meat chopper, using a medium knife. Mix thoroughly. Roll out to a thickness of about one-half inch, on a board dredged with confectioners' sugar. Cut into small pieces. Or make balls, and roll them in confectioners' sugar. If these sweets are to be kept for some time, they should be put in a tin box, or a tight jar.

This recipe, and the sandwich suggestions, will be sent to you, so you can add them to your Radio Cookbook.

Class is over for today. It's time for the monitors to get the wraps, and then we'll all go home. Please don't skip out of line, till you reach the sidewalk.

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Thurs. Nov. 11.

ANNOUNCEMENT: No monotony in today's program. Aunt Sammy will begin her chat with a refreshing bit about cider. Then she will talk about housecleaning, and foods, and plants. The last thing on the program is an intriguing recipe for Orange, Grapefruit, and Lemon Marmalade. Just that so many of you have been asking for this month. This recipe, and the sweet pickle recipe, have been approved by the U. S. Bureau of Home Economics. Aunt Sammy will be glad to answer practical questions, on housefhold subjects, sent to her in care of Station ----------.

* * * * *

Before I begin answering questions today, I must read you part of a letter I've received from Arkansas about the Hallowe'en program.

"The recipes you gave us are splendid", says this listener, "but why didn't you mention cider? Cider---sparkling, yellow, delicious, and health-giving. Pressed from any variety of apples---. Baldwins, Golden Russets, or Northern Spies-- the fresh, clarified juice contains so much sugar that no synthetic drink-maker would think of adding any more. The distinctive cider flavor is due to the aroma producing ingredients of the apple, and also to its acid. This fruit acid undergoes changes in the body. In other words, it is changed to salts, called carbonates. These salts, in ordinary cases, help in keeping the blood in good 'tone'. They may even have a medicinal effect, in cases of constipation, or of acidosis.

"Fragrant and sweet and plentiful, with no harmful ingredients, if drunk or bottled before fermentation takes place, no wonder cider has held its own for centuries, as a delightful beverage".

Every word she says is true, and I thank her for the letter. I expect she knows all the fine points about making cider, but in case she doesn't, I'm sending her a copy of Farmers' Bulletin One-Two-Six-Four, entitled "Farm Manufacture of Unfermented Apple Juice". If I ever visit Arkansas in the cider season, I'm going to stop at her home for a glass of fresh apple cider. Maybe two glasses, and a fat sugary doughnut.

The first question is from a young housekeeper in Iowa. She wants to stock her cleaning closet with a full set of "inexpensive, cleaning utensils".

Not knowing her exact needs, and the requirements of her home, it would be rather difficult to give her an ideal list, but I'll do my best.

My cleaning closet is in the kitchen. It has plenty of hooks and racks, and a shelf for cleaning powders, soap, and so forth. These are the things I have found most helpful in keeping my house clean: A bucket with a wringer, for mopping; a wall mop, made by tying a woolen cloth over a broom; a broom with a screw in the handle, so it be hung up; a long-handled dustpan; several brushes; and dusters, made of cheesecloth, flannelette, and old silk stockings.

My favorite dusters are pieces of cheesecloth, dipped in two quarts of warm water plus one-half cup of kerosene. Of course these dusters are inflammable, and must be kept away from stoves, and lighted lamps. An oiled floor mop, and a carpet sweeper or vacuum cleaner, also belong in a cleaning closet. And you may want a home-made stove polisher, too. Ever make one of an ordinary black board eraser, covered with flannelette? It does the work.

Second question: "Please tell me an appetizing way to serve left-over biscuits, rolls, and muffins".

This is an easy one. Left-over rolls, biscuits, and muffins are very good when split, buttered, and toasted. I often make a large supply on purpose, so I can serve them the next day for breakfast---split, buttered, and toasted.

Next question: "Should meat for soup be started in hot or in cold water? When should the salt be added"?

Soup meat should be put on the stove in cold water, so the juice will be extracted from the meat. Hot water would seal the meat cells, and hold the juices in. Add the salt when the meat is half-done. Salt tends to toughen meat. However, the salt should be added before the meat is completely cooked, so the salt will be absorbed.

"Please tell me how to make a carrot salad. using raw carrots," writes a Chicago listener.

She must have heard me say the other day that carrots will make one beautiful. What else did I say about carrots? Yes, they contain important minerals, and are a source of three members of the Vitamin family--A.B.and C. I beg your pardon, you didn't ask for a scientific lecture on carrots, you asked for a recipe for carrot salad. Here it is: (Read slowly)

A combination carrot-and-cabbage salad. You may use equal parts of carrots and cabbage, more carrots, or more cabbage. Shred the cabbage. Put the carrots through a fine grater. Mix the carrots and cabbage together, with any favorite salad dressing. Add ground peanuts to the salad. Mix till the ingredients are well blended. Serve on crisp lettuce. The peanuts make this salad particularly good. (Be sure the cabbage is not water-soaked, before you add the dressing).

The next request is also for a salad-stuffed celery salad, this time. Wash the celery, and cut it into convenient pieces for handling. Fill the hollow part of the stalk with a mixture of Philadelphia cream cheese, chopped olives, nuts, a very, very small bit of red pepper, and salt to taste. Sprinkle lightly with paprika. If you like, you may use American cheese, "snappy" cheese, or pimento cheese, instead of the Philadelphia cream cheese. Serve the stuffed celery stalks on lettuce leaves. A slice of fresh tomato, adds a bit of color to the salad.

Here's a question from a man in Toledo. "Can you give me any suggestions regarding plants and bushes growing in the woods, that might be transplanted on the home grounds"?

Some plants which grow in the woods may be planted on the home grounds. Some of the most attractive lawns in suburban communities are beautified by the use of native plants. However, wild plants must be transplanted more carefully than plants bought from a nursery, as the root systems inthe latter are better developed. The roots of the wild plants shouuld be preserved by careful digging. In transplanting, don't let the roots be dried out by sun or winds. The plants should be pruned after transplanting, so that one-half of the woody growth above the ground is removed.

"Is there any way to whiten white serge, and white wool hose, which have become yellow with age"? asks an Eastern listener.

Hydrogen peroxide is the best bleach to use for whitening white wool and silk materials. Hydrogen peroxide is an effective bleach, not harmful to most fabrics. It can be used in various concentrations, depending upon the amount of bleaching required. One pint, to a gallon of water, is an average quantity. A teaspoon of concentrated ammonia solution, or of sodium per-bor-ate, added to each gallon of the solution, makes the action stronger. I am sending you a copy of Farmers' Bulletin No. One-Four-Seven-Four called, "Stain Removal for Fabrics: Home Methods", which has detailed instructions for femoving all kinds of stains, from sticky fly paper to chewing gum and red ink.

The last question for today is from a lady who says she is very much exasperated, and I don't blame her. She has lately moved into a house which is infested with bedbugs, in the walls and in the floor. Bedbugs are anathema to every neat housekeeper. I would call the pesky things by a stronger name than that, if I weren't too polite.

The question before the house now: "Is there an effective method of controlling bedbugs?"

Kereosene, gasoline, and benzine, forced into cracks or crevices infest-

ed by bedbugs, are effective in controlling them. Successive applications should be made at intervals of 3 or 4 days, for 10 days, or 2 weeks, so that the bugs hatched in the intervening periods may be killed. (Remember that kerosene, gasoline, and benzine are inflammable.)

Boiling water kills both bugs and eggs, but it injures paint and varnish. A solution made of 1 part corrosive sublimate, to 5 parts boiling water, is also effective. It may be used to wash furniture and woodwork. Corrosive sublimate is a deadly poison, and must be used with extreme care.

Tommorrow be prepared for a good rabbit recipe and a tempting menu.

I will give you two recipes today. The first is in answer to a request for Sweet Cucumber Pickle, made of dill pickles. I hope you have a supply of dill pickles on hand, so you can make some of this sweet pickle. It is very good.

The second recipe is for Amber Marmalade, made from oranges, grapefruit, and lemon. Just the recipe you've been waiting for, is it not? Wouldn't a glass of this orange marmalade be welcome as a Christmas gift?

Here's the recipe for Sweet Pickle. The ingredients are: (Read slowly)

50 firm dill pickles
12 peeled garlic buttons
3 pints cider vinegar
1 pint tarragon vinegar
1/2 cup whole allspice
1/3 cup whole black pepper, or 6 hot red pepper pds
10 pounds granulated sugar
1 pound brown sugar
1 cup olive oil

Cut pickles in cross slices 1/2 inch thick. Drain in a colander overnight. In a 3-gallon stone crock (with a lid) pack the pickles in layers, using two garlic buttons to each layer. Boil together the vinegar, sugar, and spices for 15 minutes, watching carefully that this does not boil over. Pour at once over the pickles. Next morning stir in the olive oil. Stir the pickle well each day, for 10 days. It is then ready to serve.

For the orange marmalade, you will need:

1 orange, weighing about 7 ounces
1 grapefruit, weighing about 1 lb. and 3 ounces
1 lemon, weighing about 3 ounces

Select very tender, clean, yellow, smooth-skinned fruit, free from all blemishes. The thick-skinned varieties are better than those having a thin, tough peel, since this thin peel is likely to become still tougher, after cooking with sugar and acid.

Wash the fruit well. Remove the skins and slice them very thin. Cook this peel in a quart of cold water, three times, for five minutes each, discarding the water after each boiling.

Cut the fruit pulp into thin slices, removing the seeds and "rag". Combine this sliced pulp with the parboiled skins. To each weight or measure of fruit, add three times its own weight or measure of water, and boil for 25 minutes. Then add equal weight or measure of sugar, and boil rapidly, for 25 minutes longer, or until the jelly stage is reached. Put at once into scalded jelly glasses, and when cold, cover with paraffin.

The marmalade should have a clear amber color, not at all of a brownish cast; it should be jellied throughout. The strips of peel should be transparent, and tender.

When larger amounts of fruit are used, longer periods of cooking are necessary before the jelly stage is reached, because of the larger amount of water which must be evaporated by boiling.

That's all for today. These recipes will be sent to all those who have asked for copies of the Radio Cookbook.

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UNITED STATES DEPARTMENT OF AGRICULTURE

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U. S. Department of Agriculture

Reserve

PROGRAM HOUSEKEEPERS' CHAT RELEASE Fri. Nov.12.

ANNOUNCEMENT: The last Housekeepers' Chat for this week suggests something not yet mentioned in the day of winter menus. And a new dessert, too, one that "quivers". Guess what it's made of. Besides the menu, and three or four recipes, there are guggestions on furnishing the home, what to wear, cleaning hints and so forth. Aunt Sammy will be glad to answer housekeeping questions sent to her in care of Station----------.

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DESSERTS

- - - - -

"I think I love most all desserts,
Both cake and cherry pie,
And applesauce and junket too,
I never would pass by.

"But sometimes we have one dessert
As strange as strange can be.
I think I love it best of all ---
It's "Just you wait and see"!

- - - -

That's the kind of a dessert we had last night, with our"Baked Rabbit". A quivery, golden dessert, served with cream. Very simple, and easily prepared, too, but thefirst time I had ever made it. Just you wait a few minutes, till I answer these questions, and I'll describe the dessert, and give you a good menu.

I knew there was something important I wanted to mention today. About those two-cent stamps. When you order the Radio Cookbook, please do not send stamps. The cookbooks are free and sent under government frank to all women who listen-in regularly, to the Housekeepers' Chats. I try to return the stamps you send, but sometimes they get lost, before the letters are answered, and then I go to bed with a guilty conscience. So please, do not send stamps when you ask for the cookbook.

I am not going to answer the first question on today's list. It's from a young Indiana homekeeper, who wants me to suggest pictures, for her new home. Instead of answering this question, let me read you a short paragraph, from a current magazine, on "The Use of Decorative Objects in the Home". Here it is:

(Read slowly). "It is rather easy to select quiet, well-toned wall papers, and floor coverings; and, if one buys slowly, it is possible to choose well-designed, and comfortable, furniture. But, if one stopped at the stage where the rooms have merely good walls, and furniture, they might be almost anybody's rooms. Such rooms would lack the individuality that would set them apart from their neighbors, and make them so definitely one's own that friends would wish to linger in them.

"The combination of beauty, personality, and homelike quality in a room is worth working for.....It is the pictures, the vases, the book ends, the table covers, and the other small objects expressing our taste, and our special interests, that contribute individuality to our houses .....It is the color and pattern of these objects that make one room vibrate and sparkle with interest, while another seems stupid....."

Now do you see why I can't answer that question? Pictures which mean something to me, might not interest my Indiana friend. I like pictures of ships, in full sail. They mean to me long, pleasant journeys to the South Seas, to India, and China, and Japan. If my Indiana listener is a stay-at-home, who dislikes travel, she wouldn't care much for my pictures. No, I'd better let her choose her own.

Question Number 2: "What neck-line is most suitable for the round, plump face"?

There must be many women with round, plump faces. This question comes in so often. Variations of the V-shaped neck are most becoming to the round face. The point of the V- may be slightly rounded, or it may be made square. It is not always necessary for it to be pointed. A collar may, or may not, be used. The square neck is also becoming to this type of face, although it is not as pleasing as the pointed neck. A round neck repeats the round line of the face, making it appear more round.

Third question: "Why is cod-liver oil recommended for babies and young children?"

Children need food that supplies proteins and minerals, for building body tissues; calories, for energy; and certain other factors, not yet identified, essential for normal growth. One of these is connected with proper bone development, and, because it helps to prevent rickets, is often called the anti-ra-chit-ic factor. Cod-liver oil is an excellent source of this anti-ra-chit-ic factor.

It helps young children to grow strong, normal, bones, Direct sunlight also aids bone growth, in somewhat the same way. For children who cannot be out of doors in the sunshine a great deal, cod-liver oil is particularly valuable. For this reason cod-liver oil is frequently called "Bottled sunshine".

Next question: "Is it proper to use the juices in which vegetables are canned, or should the juices be thrown away?"

With most all vegetables, except tomatoes, hot water and salt are added to the solid vegetable when it is canned. This salt and water seasons the vegetable, fills the can, and helps in cooking. During the processing, minerals and other materials dissolve in the liquor. Therefore, if you throw away the liquor in canned vegetables, you are throwing away valuable food material. Unless the solid pieces of vegetables are to be used for special purposes, such as salads, there is no reason for discarding the juice. Even then the juice may be used in soup.

"What is the best way to clean linoleum?" asks a Nebraska listener.

Waxing or varnishing improves the appearance of linoleum, and makes it last longer. Wax should be used on the inlaid and plain kinds, and varnish on the printed ones. Wax sometimes tends to soften the printed surface. If either wax or varnish is applied, the linoleum is then cleaned and cared for like a wood floor so finished. If not given a special finish, linoleum should be swept with a soft brush, and dusted with an oiled or dry mop. Occasionally it should be cleaned more thoroughly, with a mop, or cloth wrung out of suds made with lukewarm water and neutral soap. Then rinse with clear water, and wipe dry with another cloth. Only a small space should be wet at a time. A linoleum-covered floor should never be flooded. Strong soaps and cleaning powders, that contain alkali, injure linoleum and should never be used on it.

Now we're ready for the menu: Baked Rabbit; String Beans; Scalloped Apples, Hot Biscuits, and Orange Gelatin.

The Recipe Specialists in the Bureau of Home Economics did some special work with rabbits a few years ago. And now the Department of Agriculture is encouraging the use of domestic rabbit, and calling the housewives' attention to the good qualities of rabbit meat, which tastes more like chicken than like wild rabbit. Rabbit resembles beef or other meat and poultry in composition and digestibility.

Some of us do not realize how much food value there is in rabbit meat, and what a delicious flavor it has, if properly cooked. Domestic rabbits are fed on a diet consisting chiefly of oats, barley, and alfalfa hay. The meat is sweet, tender, and excellently flavored. One of the meat specialists in the Department of Agriculture told me that over $1,000,000,000 worth of rabbit meat is

was sold last year, in Los Angeles alone.

Do you remember the first direction for rabbit dishes, in the old recipes? "First, catch your rabbit". If you aren't good at catching rabbits, perhaps you can buy one at the market.

The age of the rabbit determines the method of cooking. Cook a young, tender rabbit as you would a young chicken. Cook an old rabbit a long time, and more slowly, as you would a tough fowl. A young, rabbit may be fried, or baked in cream or white sauce. Rabbit pie is a delicious way of cooking older and tougher meat. I'm going to give you two recipes, the first for Baked Rabbit, which I served last night. (Read Slowly) Here is the recipe I followed, using one rabbit, 3 cups cream or a thin white sauce, 6 slices bacon, and flour for dredging.

Skin, clean, and wash the rabbit. Split it into two pieces, cutting along the backbone. Rub with salt and a little pepper. Place in a roasting pan. Dredge with flour. Lay strips of bacon across the rabbit. Pour over, and around it, 3 cups of the white sauce, or 3 cups of cream. Bake 1 and 1/2 hours, basting frequently. Serve hot with the cream gravy. The liver may be boiled until tender, chopped, and added to the gravy before serving.

With the baked rabbit I served string beans, and scalloped apples. Since my oven was heated for the rabbit and for the apples I couldn't resist making some hot biscuits for dinner.

Billy is so fond of gelatin desserts, I made orange gelatin on his account. I like to encourage his taste for simple,fresh fruit desserts. "Orange Gelatin" is a good method of getting fresh fruit juice into his diet. Fruit gelatins take only a few minutes to prepare. The proportion is usually one envelope of gelatin to one quart of liquid. Put one envelope, or one ounce, of gelatin into one-half cup of cold water, to soften, for about two minutes. Squeeze as many oranges as you need to make 2-1/4 cups of strained juice and add the juice of half a lemon, to intensify the flavor. Put one cup of water on to heat with three-fourths of a cup of sugar or less, depending on the acidity of the fruit. When the sirup is boiling, take it from the stove and put the moistened gelatin into it. Stir until the gelatin is entirely dissolved, then mix with the orange and lemon juice. In this way, the orange juice is not cooked at all. Strain and pour into a large mold, or into individual molds if you like. You do not need any sauce with this orange gelatin, but a soft custard would be good with it, or plain or whipped cream.

I don't know whether it was the pretty color of the gelatin, or my new sherbet cups, that took Billy's fancy. Anyway, the dessert was quite a success.

To repeat the menu; Baked Rabbit; String Beans, Fresh or Canned; Scalloped Apples; Hot Biscuits; and Orange Gelatin.

Now, while you still have your pencils, would you like to take the recipe for Rabbit Pie? It has also been tested. I'll read it slowly, so you can get the directions: (Read very slowly).

Skin and draw rabbit. Cut it into pieces. Put it into a stewpan. Cover with boiling water. Cook until very tender. Remove meat from the broth, and concentrate the broth to about one-half. Pick the meat from the bones, in as large pieces as possible. Thicken stock with 1 tablespoon of flour, for each cup of broth, and pour over meat. Add 2 teaspoons of salt, and 1/8 teaspoon of pepper. Line the sides of a baking dish with crust. Add meat mixture, Cover with crust. Bake in hot oven 30 minutes.

The crust may be made in two ways --either as pie paste or as a rich biscuit dough. The Recipe Specialist suggests that you serve spiced grape jelly with the rabbit pie.

The two recipes I've given you today will be added to the Radio Cookbooks. Another menu Monday, and more recipes.

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UNITED STATES
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RECEIVED
NOV 20 1928
U. S. Department of Agriculture

PROGRAM HOUSEKEEPERS' CHAT Mon. Nov. 15.
RELEASE

Reserve

(ANNOUNCER'S ATTENTION: I have received a number of letters recently asking that the recipes be read a little more slowly, and that the ingredients be repeated. --"Aunt Sammy".)

* * * * * * * * * * * *

ANNOUNCEMENT: The best thing on Aunt Sammy's program today is the menu, including a wonderful "Upside Down Apple Cake". That's the proper name for it, architecturally speaking. Aunt Sammy is feeling much elated over the number of letters she is receiving from you. If there is any special recipe you would like to have, write to her in care of Radio Station _____.

* * * * * * * * * * * * *

What do you think my latest purchase is? No, not a glass rolling pin, nor a rubber plate scraper, although I need both of these handy utensils.

No, my latest purchase is---or perhaps I should say are--a desk, and a typewriter. If you could see the letters I received yesterday afternoon, you would be amazed--you really would. The postman brought me several hundred letters. I took them upstairs, and spread them on the bed, and on the floor, and enjoyed myself immensely. I jotted down all the suggestions, and the requests for special recipes, and put all the questions in a separate pile.

Then I made a big stack of the letters saying nice things about the recipes, and took them up to the Recipe Lady, this morning. She was as pleased as I.

"Aunt Sammy", said she, "I've been cooking for twenty-five years, because I like to cook. But never before have I been able to tell so many women my favorite recipes. Now you go in and answer your questions, Aunt Sammy, while I concentrate. I must give your listeners something extra good today. Ah---an "Upside Down" Apple Cake--that will please them".

Please don't think I'm neglectful, if your letters aren't answered at once. I read them all, and I'm answering them as fast as I can. The typewriter helps a lot, too, although I haven't learned where all the letters are. The "q" especially annoys me. It's always jumping over the keyboard and playing "drop the handkerchief" with the rest of the alphabet. And don't worry if you haven't received your cookbook. There were so many requests that Uncle Sam had to double the original order, but they're on the way now.

The questions are first on the program today, and then the Recipe Lady's suggestions for today's dinner.

First question: "My 2-year-old child dislikes plain milk. If I flavor it with cocoa, she seems to like it. Is there any harm in a little cocoa?"

Cocoa contains a very small amount of stimulating substance, similar to that in tea and coffee. The amount of cocoa you would use in flavoring milk for a 2-year-old child would proabably do no harm, but why give such materials to a child of that age? I know that cocoa has been recommended in some diets for children. There probably is no harm in using it occasionally, for variety. One child health specialist says she considers the addition of the sugar to the milk as objectionable as the addition of the cocoa. Children like sugar and sweet foods, and easily form a habit of asking for more sweet food than is good for them.

Milk alone is decidedly best. In case the child won't take milk this way, much of it can be combined in cooked foods. Milk soups are especially good ways of using milk. I am sending you a copy of Bulletin Number Thirteen Fifty-nine, Milk and Its Uses in the Home". It is free to all who ask for it.

Second question: "please tell me how to clarify the grease or oil used in frying".

A common method of clarifying fat, to free it from objectionable odors, tastes, or colors-- is to cook a slice of potato in the fat. This is a good method, if the fat is fairly satisfactory to start with. Another way of clarifying fat is to melt the fat with at least an equal amount of water. Heat it for a short time, stirring occasionally. Let the mixture cool. Then remove the layer of fat, and scrape off any bits of meat, and other material, which cling to the under side.

Question Number three: "My youngsters are very fond of pancakes", writes an Arkansas mother. "Is it true that pancakes are not easily digested"?

I sometimes wonder if pancakes, per se, aren't wrongly accused. Fred, who is 16 years old, often complains of the "stomach ache" after he has eaten a pancake breakfast at his grandmother's home. I know why. He eats too many, and he eats too fast.

Most hot breads are likely to be swallowed in large pieces, and that's the reason they are not desirable for children, especially for young children. Some child health authorities say that yeast-raised bread given to young children should be at least a day old, or should be toasted. When hot breads are used, those which are almost all crust, as thin tea biscuts or crisp rolls, are least likely to cause trouble.

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"I am told that direct sunlight is one of the best germ-killers in the world", writes a New Jersey listener. "Why is sunlight through window glass not so good?"

Because the window glass screens out certain rays called ultra-violet rays, contained in sunlight. This makes the light less effective as a germ-killer, and very much less effective in its action on certain phases of nutrition in children.

"When is the best time to mulch the strawberry bed?" asks Mrs. B., of Nebraska.

Strawberry beds should not be mulched until late fall, or early winter, or until after all growth of the plant ceases. A mulch of clean straw can be put on at any time during the winter when the ground is frozen, making it possible to drive into the field without cutting up the soil. In the south, where the ground doesn't freeze during the winter, the mulch can be put on any time when the plants are dormant. Pine needles are often used for mulching.

"What is a good way to use up left-over hominy grits?" asks a farmer's wife.

Cut the left-over hominy grits in slices, and brown them in butter or other fat. The slices should be at least a half-inch thick, dipped in flour, and fried a delicate brown on both sides. Have the fat hot enough to form a brown crust quickly on the grits before the inside soaks up the fat. Also, time the cooking so the fried grits can be served as soon as they are browned. They make a most appetizing dish to serve at any meal.

Next question: "Is there any food value in coffee?"

There is no food value in coffee itself. There is food value in the sugar and cream added. We drink both coffee and tea for their stimulating properties, and because we like them.

Now I'm going to give you the menu the Recipe Lady suggested: Ham en casserole, Beets with Horseradish Sauce, and Upside-Down Apple Cake. Doesn't that sound tempting?

The ham is to be baked in a casserole, or a baking dish that can be brought to the table. Be sure you have a good slice of ham--one about two inches thick, so it won't dry out, and with a good rim of fat. Here's the recipe. I'll read it slowly, so you can write it down:

HAM en CASSEROLE

Lay the ham in a good-sized baking dish. Add thinly-sliced raw potatoes,

which have been sprinkled lightly with flour. Pour over them enough milk to cover. Bake slowly for about an hour and a half, or until the potatoes and ham are thourghly done. Cover the baking dish for the first hour of the cooking. The salt and fat of the ham are sufficient to season the potatoes. If necessary, add a little hot milk from time to time, during cooking. There should be enough liquid to form a tasty gravy around the ham and potatoes, and the top will be delicately browned, like scalloped potatoes. Serve the ham and potatoes from the baking dish. If the ham is very salty, soak it, preferably in buttermilk or sour milk, before cooking it with the potatoes. The acid of sour milk seems to soften the ham and make it very tender when cooked.

Beets with horseradish sauce will go nicely with the ham and potatoes. The Horseradish sauce is made of the following ingredients: (Read Slowly)

1/2 cup thick cream
1/2 teaspoon salt
1 teaspoon sugar
3 or 4 tablespoons horseradish

Beat the cream about two minutes. Add the salt and sugar. Beat in the horseradish. Pour over cold cooked beets.

The "Upside Down" Apple Cake is the best thing on the menu today. When the Recipe Specialist made an "Upside Down" Apple Cake, a few days ago, she sent me a piece. I assure you it was so good that I wanted to make one myself, right away.

I'll read this recipe very slowly, and repeat the ingredients, because I want you to be sure to get it. Ready? (READ INGREDIENTS TWICE)

1/4 cup butter	1-1/2 cups soft wheat flour
1/2 cup sugar	2 teaspoons baking powder
1 egg	1/8 teaspoon salt
1/2 cup milk	1 teaspoon vanilla

2 to 4 apples, depending on size

Cream the butter. Add the sugar, the well-beaten eggs, and vanilla. Sift the dry ingredients together twice, and add alternately, with the milk, to the first mixture. Use a glass square or oblong baking dish, or a very heavy pan. Put a thick coating of butter on the bottom and sides of the dish or pan. Wash, pare, and quarter firm-fleshed apples. Slice them rather thin, and place them so that the slices overlap and form even layers, covering the bottom of the dish. Sprinkle well with sugar and cinnamon, which have been well mixed. Add another layer of apples placed with equal care, and flavor with cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife.

Bake slowly in a very moderate oven (at a temperature from 300°F. to 325°F) for three-quarters of an hour. Loosen the sides of the cake, turning it out carefully, upside down, and the top will be covered with neat layers of transparent apples. Serve hot with hard sauce or whipped cream.

The recipe for hard sauce is in your cookbooks. By the way, please don't forget to tell me what you think of the recipes, and keep on sending me suggestions. They help me a great deal, when I'm planning the programs. The extra sets of pages for the cookbooks are being printed now, and I hope to have them ready for you soon.

Well, Well! I was in such a hurry to mention the cookbooks, I forgot to check the menu. Ham en Casserole; Beets with Horseradish Sauce; and "Upside Down" Apple Cake. That's exactly right, the way you have it.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT Tues. Nov. 16.

PROGRAM..... RELEASE.....

Reserve

ANNOUNCEMENT: Aunt Sammy will describe the perfect apple pie today, and the apple pie's first cousin, the apple turnover. Kitchen curtains, kitchen sinks, mildew stains and popcorn, come in for their share of attention. Another new recipe for the Radio Cookbook, too, which is sent free to all women listening in to Radio Station _____.

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"Can she bake an applie pie, Billy boy, Billy boy?"

You just bet she can. She can bake an apple pie which takes second prize, in a Junior Pie-Baking Contest, and she is only six years old. Fancy that, Billy boy! Only six years old, and her pies are already in the prize-winning class.

This little six-year-old girl lives in Washington, D. C., and she baked an apple pie for a contest, which was held in connection with National Apple Week.

The first question the judges had to ask themselves was: "What is a good apple pie"? Here are some of the points they decided an apple pie must have in order to be called good: (Read slowly).

"The crust should be tender, thin, flaky, not too rich, and delicately brown", said these pie judges. "The apples should be of the fairly tart, juicy, quick-cooking varieties, put in the pie uncooked, seasoned with sugar, butter, and a very moderate amount of spice, usually cinnamon. There should be plenty of apples, too, but the pie should not be so full that the juice runs out. The undercrust in a leaky pie is likely to be tough and soggy. The baking should be done in a quick oven. If possible, the pie should be served a little warm. Most people make apple pie 'covered'".

"What kind of fat is used in pie crust is somewhat a matter of personal taste," continued the chief judge. "Some people like lard best; some people prefer one of the hardened vegetable fats, sold under various trade names; and still others use part butter and part lard, or other fat. Just so the fat is sweet flavored and combines properly with the flour to make a flaky crust. Soft wheat flour is the best kind for pastry. The gluten that makes a good bread flour, is a disadvantage in making pie crust.

[illegible] Sauce will [illegible] the perfect [illegible] is [illegible] and the apple sauce flavor course is, the apple [illegible] [illegible], kitchen utility, [illegible] stains and hopeless, come in for their share of [illegible] [illegible] for the Radio Cookbook, too, which is [illegible] [illegible] kitchen [illegible] [illegible] _____.

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Of course you may have your own ideas about the perfect apple pie. That's all right. We can agree on one thing: Apple pie is a good dessert, because, like other fruit pies, it preserves a satisfactory balance between the fruit and the pastry. When I get to the end of this program, I'm going to tell you how to make pie crust, and give you some pertinent points about apple turnovers.

Something tells me I won't get many questions answered today, with my mind on the apple turnovers.

The first question is about kitchen curtains. "Please tell me what sort of material is appropriate for kitchen curtains", says a listener from North Dakota.

Curtains for kitchen windows should be washable, and so arranged that they do not shut out the light and the air. Shepherd's plaid gingham, in a color harmonizing with the walls, and the floor, is attractive. Or perhaps you would prefer unbleached muslin, with a border or piping of gingham, or with the hem couched down with bright mercerized floss. I made some new curtains for my kitchen last week, of unbleached muslin. They have a border of deep yellow-and-white checked gingham. Inexpensive, durable, and cheerful.

Did you ever use oilcloth, mounted on rollers, for kitchen shades? Oilcloth shades are not affected by steam and grease, and they can be cleaned easily. Window shades of oilcloth, in a pretty design, might take the place of curtains.

The second question is about sinks. "If the subject isn't too lowbrow", writes a Chicago listener, "would you please discuss kitchen sinks?"

Imagine that, now, calling a sink a "lowbrow" subject. If I were a poet, I would write a poem and call it "The Song of the Sink".

With fingers nimble and white,
In suds that bubbles and swishes,
A woman stands, in a yellow smock,
Washing her breakfast dishes.

But still and all, perhaps I'd better stick to prose. Some one might take me for a genuine poet, and then I'd have to quit telling you about sinks, and soups, and sealing wax, and write for the daily newspapers.

Seriously speaking, a sink, connected with a plentiful supply of hot and cold running water, and with a sanitary drainage system, probably saves more work than any other one piece of equipment, that can be installed in the kitchen. White enamel ware is generally preferred for the sink. The sink with high back, and drainboards made in one, is easiest to clean. However, wooden

drainboards are less expensive, and can be made so they are quite satisfactory. Whatever material is chosen for the drainboards, there should, if possible, be one at each side of the sink.

Then, when you wash the dishes, they can be stacked on one and drained on the other, as near as possible to the cupboard where they are stored. See how many steps that saves? If there isn't room for two stationary boards, one of them might be hinged, and dropped out of the way when it is not in use. If you can have but one drainboard, it should be placed on the left (for a right-handed person), for that's where dished are naturally set after they're washed. The work-table, or a kitchen cart, or any other flat surface on the right, can be used for stacking the dishes.

One very important fact to remember about a sink is that it must be placed high enough so that the worker won't have to stoop. Have you ever seen that popular bit of art, called "Every picture tells a story?" That's what I think of when I see a woman bending over a sink that is too low for her. Tired backs and rounded shoulders are the result of working surfaces placed too low. Thirty-six inches, from the rim to the floor, for the sink of average depth, is often recommended. However, if you are taller, or shorter than the average, experiment with boxes on a table. That way, you find just the right height for your sink, and work tables.

The space just under the sink should be left open, so that the plumbing can be reached easily for repairs, and so the worker has room for her knees, when she sits down to peel the apples for her apple turnover. Some people have a cupboard under the sink, but this cuboard is very likely to be damp. It may be a breeding place for water bugs, because of the moisture that condenses on the underpart of the sink. Of course, if your drainboard is properly constructed, a cupboard may be built under it.

But here I go, talking about cupboards, when the question was about sinks. Sinks are a favorite subject with me, because I had to do without one for so long.

Question Number 3: "Please tell me how to remove a fresh mildew stain from a white shirt".

Very fresh mildew stains can be washed out with soap and water. Drying in the sun helps to bleach the spots. Slight stains can often be removed by soaking overnight in sour milk, and placing in the sun, without rinsing. Repeat the treatment if necessary. The treatment I like best for slight mildew stains is the old reliable lemon juice-salt-sunshine remedy. Moisten the stains with lemon juice and salt, and place in the sun.

Did I ever tell you about the Stain Removal bulletin, published by

[illegible] are long expensive, and can be [illegible] any [illegible] your material is chosen [illegible] the [illegible], there should, if possible, [illegible] each [illegible] the sink.

Then, when you [illegible] [illegible], they can be stacked [illegible] one [illegible] on the other, as neat as possible so the cupboard where they are stored [illegible] the now many steps that saves! If there isn't room for a stationary [illegible], [illegible] of them might be hinged, and dropped out [illegible] the way which it is not in use. [illegible] can have but one drainboard. It should be placed on the left for a right-handed person). For the [illegible] are naturally [illegible] shorter [illegible]. The [illegible] table, or a kitchen cart, or [illegible] flat surface on the [illegible], can be used for [illegible] dishes.

One very important [illegible] is [illegible] sink. It is best to place [illegible] unknown to [illegible] the [illegible] stoop. [illegible] stoop pressure sit or [illegible], called the [illegible] [illegible] what [illegible] [illegible] a woman [illegible] [illegible] for her. [illegible] [illegible] and [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. Thirty-eight [illegible] [illegible] to the [illegible] or the sink of [illegible] [illegible] is often recommended. However, if you are taller, or shorter than average, experiment with boxes on a table. That way, you find just the right height for your sink, and work table.

The space just under the sink should be left [illegible] [illegible] can be reached easily for repairs, and so the worker [illegible] [illegible] [illegible] sits down to peel the [illegible] for her apple-[illegible] [illegible] a cupboard under the sink. [illegible] [illegible] [illegible] [illegible] [illegible]

the Department of Agriculture? It is Number Fourteen Seventy-Four. I'll send you a copy, if you like.

Don't laugh when I read the next question. "Please tell me the correct way to pop corn", writes a man who signs himself "Housewife's Husband".

I have an idea that this man lives in a city, and has never seen popcorn growing. He probably thinks that popping corn is an intricate process. I'm going to tell him how to pop it, and if you women don't want to listen, you can be getting your pencils and paper ready for the recipes.

In the first place, "Housewife's Husband", if you are going to pop corn, the more esthetic way, you will need three things: Good corn, a hot fire and a corn popper. Better write that down, because you might forget something. (Of course you could use an iron skillet, and a gas stove, and get equally good results).

Don't take too much popcorn at one time--just enough to barely cover the bottom of the popper, one kernel deep. Hold the popper high enough above the fire, or heat, to keep from burning the kernels, or scorching them too quickly. The right degree of heat, for best results in popping, should make good corn begin to pop in one and one-half minutes. If it begins to pop sooner than that, or if you put too much corn in the popper, the corn won't be crisp, and flaky.

Keep the flame away from the popped kernels, so they will stay snowy white. One pint, of first-class unpopped corn, should make 15 to 20 pints of popped corn. Popcorn is like rice--you will be pleasantly surprised at the amount you get. Speaking of rice makes me think of something else. Did you ever eat popped corn with milk and sugar, as a breakfast food? It's good. Some people grind the parched, unpopped kernels, and serve with cream and sugar. Others boil the ground kernels with water, and serve like oatmeal.

I have a faint recollection of butchering time, on a farm in the Middle West, when we used to wind up the day's work by cooking a kettle full of popcorn. We popped the corn in the grease left in the kettle, after the lard had been rendered. Salt was added, of course. Seems to me the salt was cooked in with the grease.

Well, that question's answered. If you don't understand my directions, Housewife's Husband, ask your wife. And don't tell her you sent the question in. She might smile up her sleeve.

[illegible] [illegible] [illegible] [

Ready now for the recipes. The first one is a recipe for plain pie crust--enough for one two-crust pie. The ingredients are: (Read slowly and repeat).

About 2-1/2 tablespoons water
1-1/2 cups sifted soft-wheat flour
5-1/2 to 7 tablespoons fat
1 teaspoon salt

Combine the fat and the flour. Some very good cooks recommend cutting the fat into the flour with knives, a pastry fork, or a biscuit cutter, so the ingredients won't be warmed, or handled too much, but the tips of the fingers may be used if the work is done quickly. Add the water slowly, and use no more than is absolutely necessary. Roll the dough very lightly. If the lower crust is baked separately, the oven should be about 450 degrees. Fahrenheit. However, a pie with a filling that needs to be cooked, can't be left long in an oven as hot as this, because the drust bakes too fast for the filling. The temperature should be high to start, and then lowered rapidly after 8 or 10 minutes, so the filling may cook through, without overcooking the crust.

Now for some points about apple turn-overs. First cut the apples for the turn-overs in slices. After the apples are placed on one-half of the round of pastry, and you've seasoned them with butter and cinnamon and sugar, dampen the lower edge of the pastry, and bring the other edge over. Press the two edges together, firmly, with a fork, so the juice won't ooze out. The flattened edge should be about half an inch wide. Prick the top crust so the steam can escape.

When I got these apple-turnover hints from the Recipe Specialist, she cautioned me to be sure the rounds of dough are large enough, and that there are plenty of apples inside. She also suggested that apple turn-overs, wrapped in waxed paper,would be a nice addition to the school lunch box.

That's all for today. Another recipe tomorrow, and perhaps a menu. If you haven't written for a copy of the Radio Cookbook, do so before they are all gone.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

U. S. Department of Agriculture

PROGRAM HOUSEKEEPERS' CHAT RELEASE Wed. Nov. 17

ANNOUNCEMENT: Aunt Sammy is going to tell you more about rabbits today. She says that everybody who is anybody is eating rabbit meat this season. The recipes sound hopping good. Besides rabbits, Aunt Sammy will discuss kitchen floors, and rugs, and some other things. She may have a menu, too, before the time is up. If you have some really practical questions, send them to Radio Station _____, and they will be turned over to Aunt Sammy.

* * * * * * * *

Last night I was talking to a man who works in the Department of Agriculture.

"Look here, Aunt Sammy", said he, "do you know that you housewives have been misinformed"?

"Who misinformed us"? I inquired. "Seems to me we're getting enough information and advice, to last us several lifetimes. With all the newspapers, magazines, and whatnot, telling us what to do, and how to do it. I've never seen so much free advice"!

"But look here, Aunt Sammy", insited the man. "The public really has been misinformed, terribly"!

He was so much in earnest that he clenched his fist, and banged it down on my new gateleg table. I pulled the table out of the way, and begged him to go on.

"The public has been misinformed," said he, "about the value of domestic rabbit meat. In other words a great number of housewives think that domestic rabbit meat can't be used for food, except during the season when wild rabbit is hunted and used for food. As a matter of fact, domestic rabbit meat is always in season. And it is far superior in quality to wild rabbit meat".

"Wait a minute". I halted him. "Did you ever see a Kansas jack-rabbit?"

"No", he said, somewhat abashed. "I never could keep up with the things, I'm no Paavo Nurmi--I'm a meat specialist!"

"Go on", I said hastily, for he had clenched his fist again.

"What I want you to do, Aunt Sammy," said he, "is to tell the women who listen-in to you, that domestic rabbit meat is delicious, tender, and fine flavored. It is firm and white, like the breast of chicken. Domestic rabbits are raised in hutches, where they have only limited exercise, and where they can be properly fed. They are cleanly in habits, and their diet, consisting chiefly of oats, barley, and alfalfa hay, makes the meat tender, sweet, and of excellent flavor".

"Hold on", I interrupted him. "I told the women all that last week. You're a little late".

"Dear me"! said he. "Did you tell them how to bake rabbit, in cream, the old southern way?"

"I did. What is more, I'm going to add the recipe to the Radio Cookbooks, so the women can refer to it when they please".

"Oh fudge"! said the meat man, in a disappointed tone. "Did you tell them how to cook rabbit in a baking dish, with bacon, and potatoes, and onions?"

I had to admit I hadn't told you that, so he perked up immediately, and pulled the recipe from his pocket. "This is the way my wife cooks it". he said proudly. "It is simp-lee won-der-ful!"

Isn't it queer, the way men go wild over food? Well, since the meat man had taken the trouble to bring me the recipe, I tested it myself, and found it very good, and a pleasing variation from the usual methods of cooking rabbit. If you have pencils and paper ready, I'll give you the ingredients, for Casserole Rabbit, or rabbit cooked in a baking dish: (Read slowly, and repeat ingredients).

8 slices bacon
1 large rabbit cut into pieces
2 medium-sized potatoes
2 small onions
2 cups hot water
1 teaspoon salt
1/4 teaspoon pepper

I'll read the ingredients again, to be sure you have them.

Fry the bacon until light brown. Remove it from the fat. Use this bacon fat to brown the rabbit, which has been dipped in flour. Arrange in a

casserole-- or a baking dish-- the pices of rabbit, the strips of bacon, and sliced onions and potatoes. Dredge lightly with flour. Pour water over all. Cover and cook slowly 2 hours.

Some one asked me the other day whether rabbit could be used in a salad. I took the question to the Recipe Lady, and she gave me this recipe. It makes a most tempting dish. Are you ready to write down the directions?

Rabbit Salad, next. (Read very slowly).

For each cup of diced rabbit meat, use 1/2 cup of chopped celery, 1/4 cup of salad dressing, 1/2 teaspoon of salt, and a few grains of cayenne pepper. Mix thoroughly. Pour into a salad bowl, lined with lettuce. Put one or two tablespoons of dressing on top. Garnish with strips of green and red pepper. Either a mayonnaise or a boiled dressing may be used for this salad. Some persons prefer to marinate meats used in salad. That is, they pour French dressing,(a mixture of oil and vinegar), over the diced meat, and let it stand for two or three hours before the salad is mixed.

While we are on the subject of rabbits, I might as well give you another good recipe, for the family which grows tired of the usual rabbit dishes. Rabbits and hares are both inexpensive. The city housekeeper can find them at the city market. The farm family may be lucky enough to catch a rabbit dinner along a country lane.

The third recipe today is for Rabbit in Tomato Sauce. The ingredients for Rabbit in Tomato Sauce are: (Read slowly and repeat ingredients).

2 tablespoons lard or butter
3 tablespoons flour
1-1/2 cups tomato pulp and juice
1 large onion chopped fine
2 teaspoons salt.
1/2 teaspoon pepper
3 cups water.

Oh, yes, and one large rabbit. I thought there was something missing.

Now I'll repeat the ingredients. Skin, clean, and wash the rabbit. Cut it into pieces at the joints. Dip in flour, Brown in a little fat. Put the lard or butter in a deep iron skillet, or a roasting pan. Stir in the flour Add the chopped onion, and the tomato juice, with the seasonings and the boiling water. Cook for 5 minutes. When this is boiling, put in the browned rabbit. Cover. Let simmer on top of stove, or in the oven, for one hour. The tomato sauce cooks down, and gives a very good flavor to the rabbit.

That's enough about rabbits for one day. If I don't hurry, there will be no questions answered. Good thing they're short and snappy today.

Question Number One: "What is the best material for the kitchen floor?"

Let me see, now, what is an ideal kitchen floor, anyway? It is durable, of course, comfortable to walk on, smooth, but not slippery, and not injured by grease and water. It should be attractive, in color and appearance. To fill these requirements, you might have a wooden floor, finished with oil or paint, Or you might have a floor covered with a good quality of plain or inlaid linoleum.

Question Number Two: "What are some economical meat dishes"?

Ham hocks and saurerkraut; chuck steak; breast of lamb stewed with peas, potatoes, and carrots; beef shank with vegetables; chuck pot roast; pork sausage and apples; swissed round steak. Some people do not know that fore-quarter cut of meat, from choice animals, are usually much cheaper, and far more palatable, than hind-quarter cuts from animals of inferior breeding, or which have not been well fattened.

Third question: "How can I keep the corners of rugs from curling up?"

This is the way to keep the rug from wrinkling, to keep the edges from curling up; and to improve its looks in general: The rug should be stretched tight and true, and tacked, face down, on a floor, or some other flat surface where it will not be distrubed. Then sprinkle it generously with a solution made by soaking and dissolving one-fourth pound of flake glue in one-half gallon of water, in a double boiler, or in another container, surrounded by hot water. Did you get that? Flake glue--f-l-a-k-e,flake, g-l-u-e, glue. You can buy it at the hardware store, or the drug store. After the rug has been sprinkled with this solution, allow it to dry for at least 24 hours. If the rug is very light in weight, be careful not to put on too much glue. It might penetrate through to the right side.

Next question: "What kind of fat is best for frying potato chips"?

High-grade cottonseed oil is the best fat to use for frying potato chips. Vegetable oils of compounds give better results than animal fat. Sometime--perhaps this week--I will give you directions for making potato chips.

Question: What food elements do turnips supply in the diet?

Turnips have been discovered to be a rich source or vitamins, especially vitamin C. Only comparatively few of our common foods are known to contain this particular vitamin and it seems to be rather easily affected by heat of cooking and ageing of the food material. It is a good plan, therefore, to in-

clude quickly cooked turnips often im the winter menu. They are also rich in calcium, a mineral constantly needed by the body.

I didn't say anything about a menu, a while ago, but I have thought of a good one. Why not have Rabbit en Casserole, with the onions and potatoes; Cabbage Salad; and Apple Turn-overs? You will be using the oven for the rabbit, so you might as well make a few turn-overs, using the recipe I gave you yesterday.

You probably have your own method of making cabbage salad. If not, you might try this recipe. The ingredients are cabbage and celery, chopped/fine, a very little celery seed, a little salt and paprika, and salad dressing. Serve it cold, of course.

To repeat the menu: Rabbit en Casserole; Cabbage Salad; and Apple Turn-overs. Another menu for the Radio Cookbook. Don't forget to write for your copy, if you haven't already.

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Thurs. Nov. 18

ANNOUNCEMENT: Aunt Sammy will discuss seven or eight phases of the household today. She will conclude the program with three tasty recipes. Send your questions, and your requests for the recipes, direct to this station, and they will be turned over to Aunt Sammy. If you listen in regularly to the Household Chats, you are entitled to a copy of the Radio Cookbook, which is sent free, under government frank.

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I am going to pretend this is Bargain Day in the Radio Service. The bargains are short bits of information. The questions have been piling up for two or three days now, and that's the reason I have decided to devote this period to answering questions, and giving you some of the recipes you have been asking for. Please let me know what other recipes you would like to have. That helps me a great deal in preparing the program.

On top of the pile of questions we have this: "Is it desirable to cover potatoes with a thin coating of grease before baking them?"

No. A coating of grease on baked potatoes makes the skin soft, and unpleasant to touch. A potato, properly baked in its jacket, has a crisp, tender skin that many people enjoy eating. One of the secrets of baking potatoes is a moderate oven. Too great heat hardens and toughens the skin of baked potatoes.

Second question: "I have a neighbor who always salts eggplant, and puts a heavy weight on it before cooking, to draw out the juice. Is this necessary?"

No. Eggplant may be sliced, pared, dipped in batter, and fried at once. Some eggplant is slightly astringent, but letting it stand in salt doesn't take out the pucker.

Number three: "Often the last of my purchase of cheese becomes moldy, or dry. Is there any way to keep chese perfect, to the last bit"?

Keep your cheese in a cool, dry place. Warm moisture encourages the growth of mold on cheese. A small piece of cheese will dry out, but no harm is done, because dry cheese may be grated and used in making many dishes.

The next request is for a sweet potato pie. Believe I'll leave that to the last, and finish up the other questions first.

"Please tell me the proper size for a kitchen, and how a dark kitchen may be brightened up", writes a young housekeeper.

If to do were as easy as to know what were good to do, all our kitchens might be just the size to fit our needs. Nine by twelve is a good size for a medium sized household. I have cooked in a rambling old farm-house kitchen--the kind from which you climb up three steps into the main part of the house. And I have also cooked --for two months--in a kitchenette. A room so small that I had to use a vest-pocket size can-opener. I wish you could have seen that can-opener. It saved my life. I found out that by standing just in front of the doorway, and keeping my elbow in the hall, I could open any ordinary-sized can on the market. And the old unabridged can-opener always left my arm so cramped!

But my subject is kitchens, not can-openers! The main thing is to have the kitchen of such size that you can work quickly, and conveniently. The small, compact kitchen saves the housekeeper's energy, and time. Many kitchens are too large. I have seen a number of over-size kitchens made more convenient by partitioning off a dining alcove, or an extra pantry, or even a laundry.

"How can a dark kitchen be brightened up?" was the second half of this question.

In the first place, be sure that the sink, the stove, the worktable, and other important parts of the kitchen are well lighted. Every kitchen needs good artificial lighting, as well as plenty of daylight, and sunshine, during the day. Dark and gloomy kitchens are often changed into pleasant workrooms by cutting an additional window, or by putting a glass panel in the outside door. The color of the walls and woodwork makes a great difference, also. for a kitchen on the shady side of the house, ivory, buff, light tan, or yellow walls are good. If the kitchen is on the sunny side, cooler shades, soft greys, or light green, may be used.

You might dress your kitchen up in pretty shades, or pretty curtains, too. I suggested once before this week that oil cloth, in attractive colors, makes inexpensive and durable window shades. Cut the oilcloth the same size as the shade, hem it across the bottom the width of your curtain stick, and tack the other end onto the roller. Grease or water spots are easily washed off oilcloth shades. Unbleached muslin, bound with plain or fancy ginghams, makes pretty curtains. Shepherd's plaid gingham, in a color harmonizing with the walls and floor covering, also makes attractive curtains. The main point about kitchen curtains is that they should wash well and easily. Also, the material for kitchen curtains should have enough body to keep the steam from making them stringy.

Kitchens are an interesting subject, aren't they? Some day soon I am going to devote almost an entire program to the discussion of kitchens.

The next request is for a simple home-made furniture polish. Perhaps you would like to write this down. The furniture polish is made by mixing one part of raw linseed oil, with two parts of turpentine. Add a little melted beeswax, if you wish.

Here's a housewife who wants to know how to clean a "string" mop. They surely do get dirty, unless they're cleaned occasionally. Clean your string mop by shaking it over a damp newspaper or a can. Of course you can shake it in the open air, if you are sure the dirt will not trouble you, or your neighbors. I saw a woman shake a mop out of an upstairs apartment-house window one morning, just in time to catch a woman on the first floor, who was watching the sunrise. I won't tell you what she said. She seemed to be considerably annoyed.

Wash your string mop occasionally in hot water, with washing soda or soap. Dry it quickly. Springkle a few drops of oil on oiled mops. Carpet sweepers must be cleaned frequently, too. A good method is to empty the box on a damp newspaper, and use old scissors and a buttonhook, or a coarse comb, to remove hairs and dirt from the brushes. And don't forget to oil the bearings once in a while.

I watched a young man demonstrate a vacuum cleaner the other day. First, he sprinkled a big handful of white powder on a rug, then he ground sand into the meshes of the rug, until the sand disappeared, and finally, he rubbed cotton into the rug.

"Now", said he, "the proof of the pudding is in the eating. Watch my vacuum cleaner eat up the powder, and the sand, and the cotton".

Which it did, like magic. If some one in my family doesn't get me a vacuum cleaner for Christmas, I may start saving for one myself.

"What is steel wool"? asks another housekeeper.

Steel wool consists of hair-like particles of steel. Steel wool removes stains and discolorations from hard metal surfaces, and wood. A fine wool should be used. Different grades are numbered according to fineness, Double O being the finest. In using it, the hands should be protected by old gloves or mittens. Fine steel wool is one of the best possible things with which to brighten your aluminum pans.

"Is there any method of washing wall-paper"? writes a Minnesota listener.

The so-called washable papers used in kitchens and bathrooms may be

cleaned with a dampened cloth, but water must be used sparingly. If the water seeps in, the paper will be loosened. Varnishing the paper in these rooms will make it more nearly impervious to moisture, and steam, and will prevent it from peeling.

Instead of giving you a menu today, I'm going to give you four recipes which have been asked for--each one of them several times. The first is a request for a sour cream dressing, for cabbage salad. I'll read the ingredients twice, so you can check them. Ready? For Sour Cream Salad Dressing, you will need seven ingredients:

1/4 teaspoon mustard
1/2 teaspoon salt
1/4 teaspoon paprika
1/2 tablespoon sugar
1 egg
1/4 cup vinegar
1 cup sour cream

Now let's check this again. (Repeat ingredients).

Beat the egg until very light, add the other ingredients, and cook in a double boiler, stirring constantly until thickened. Remove from the fire and beat well. If this dressing is cooked properly, it will have, when cool, a thick, smooth, consistency. If it is overcooked, so that there is a tendency to separate, it should be strained before cooling.

The second recipe is for Potatoes Au Gratin. That's a neat French term, meaning the potatoes have a nice brown crust on when they're taken from the oven. There are various ways of preparing Potatoes Au Gratin, but the one I like best is suggested by the Recipe Specialist in the Bureau of Home Economics:

Dice the potatoes, and cook them in a small amount of water. Then mix the potatoes with a medium white sauce. Wait a minute--here's a very young housewife who doesn't know what a medium white sauce is. A medium white sauce is made of 1 cup of milk, 2 tablespoons of flour, 2 tablespoons of fat, and one-half teaspoon of salt. For the Potatoes Au Gratin, you will want to add grated cheese to the white sauce. Then, in a greased baking dish, place a layer of potatoes, a layer of the cheese sauce, and a layer of bread crumbs, well-buttered. Bake in a moderate oven until golden brown. Serve from the baking dish.

Here's another suggestion--not a recipe this time. Do you like the flavor of fresh green onions, in salads and sauces? The lady in the blue-and-white checked apron says she likes just a bare "suspicion" of onion flavor. That's what I wanted some one to say, so I could tell you to get an ordinary brown-skinned onion, and "plant" it in a glass of water. Put the glass in the

sunshine, and soon tender green shoots will come up. These onions shoots, cut up very fine, give a delicate flavor to salads and sauces.

One more recipe, for Sweet Potato Pie. Sweet-potato pie is as popular in my family as pumpkin pie. It is made much the same way. That is, you mix the mashed sweet potato with milk, eggs, and spices, and bake it in a pie crust. Meringue is sometimes used on sweet-potato pies, though I think the rich brown of the custard filling is attractive enough. This potato-custard mixture, flavored in any desired way, is also good baked, and served as a pudding.

The ingredients for the Sweet Potato Pie are as follows: (Read Slowly).

1-1/2 cups boiled, riced, sweet potatoes
2 tablespoons butter
1/4 cup sugar
1-3/4 cups milk
1/2 teaspoon ginger
1/2 teaspoon salt
2 eggs
Vanilla, if desired

Now I'll repeat the ingredients. (Repeat).

The directions for making the pie are brief. Just mix the ingredients in the order I gave them to you, and bake in one crust.

I will add this recipe, with the two others, to the Radio Cookbook. Uncle Sam is working now on the second set of pages for the Recipe Book. You should receive them soon, if your name is on the mailing list.

I have bought two very small metal note-book rings for my book. They hold the pages together neatly. At the end of the year, I will send you an index and then the books will be complete. Wish you'd let me know what you think of them.

* * * * * * * *

UNITED STATES
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Radio Service

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Reserve

RECEIVED
NOV 20 1935
U. S. Department of Agriculture

PROGRAM HOUSEKEEPERS' CHAT RELEASE Fri., Nov. 19

ANNOUNCEMENT: Aunt Sammy has obtained some valuable information from an authority on child health. You will be interested in today's program, whether your children are very young, in school, or grown up.

* * * *

Billy and Sally Jean met me two blocks from home yesterday afternoon. I wish you could have seen them. I can't say they're the most beautiful children in the world, but I am sure they're among the healthiest, and the noisiest.

"Guess who came to see us, while you were gone," shouted Billy. "Only two guesses!"

"Who can it be?" I asked, trying to be obliging. "Perhaps the Prince of Wales. Did he arrive on horseback?"

"No!" cried Sally Jean. "He came in a taxi. Guess again."

"It must be the president of the United States. Did he talk much when he came in?"

"Wrong!" shouted Billy, triumphantly. "It is Uncle Will, and he says he wishes you'd hurry home, because he is star-ving!"

"That sounds serious," I replied. "You children had better run on ahead, and wash your faces and comb your hair, so you'll look nice for company."

"It's too late," said Billy, cheerfully. "He's already seen us."

After dinner was over, and Billy and Sally Jean had gone to bed, Doctor Will and I sat before the fireplace and talked "shop."

Doctor Will is an authority on child health. He has spent many years studying child nutrition. He has given me some valuable advice about the care of children

Last night I showed him a list of the Radio questions.

"Here's one you might answer," I suggested. "A young mother wants to know how she can recognize good nutrition, and poor nutrition, in her child."

"The Signs are plain enough," said Doctor Will. "A child who is well nourished has an erect, sturdy, well-developed body. He has straight legs, flat shoulder blades, full rounded chest, strong white teeth, and firm flesh of healthy color, with rosy cheeks and lips. His expression denotes a keen, happy mind. All his movements show vigor and energy, without being nervous and jumpy.

[illegible]

[illegible] Doctor Will's [illegible] obtained some valuable [illegible] on child [illegible] interested in [illegible] practically [illegible] in school, or [illegible].

* * *

Billy and Sally [illegible] in the Moore [illegible] yesterday afternoon. [illegible] would have [illegible]. I don't say they're [illegible] beautiful children in the world, but I am sure they're among the best [illegible] the mischief.

"[illegible] came to see us [illegible] very [illegible]," [illegible] Billy. "Only two [illegible]!"

"[illegible]" I said, trying to be obliging. "[illegible] Uncle [illegible]. Did he [illegible] on horseback?"

"Why!" replied Sally [illegible]. "He came in a [illegible]. These [illegible]."

"It must be [illegible] President of the United States. Did [illegible] [illegible]?"

"[illegible]!" shouted Billy, triumphantly. "It is Uncle [illegible] [illegible] you'd hurry home, because he is star-[illegible]!"

"That sounds serious," I replied. "You children had better run on ahead. [illegible] your dresses and comb your hair, so you'll look nice for company."

"Just [illegible] date," said Billy, cheerfully. "We've already seen us."

Dinner finally was over, and Billy and Sally [illegible] had gone to bed, Doctor [illegible] and I [illegible] fireplace and talked "shop."

Doctor Will is an authority on child health. [illegible] spent many years [illegible] medical [illegible]. He has given us some valuable [illegible] the care of children.

[illegible] might I choose [illegible] a list of the Radio [illegible].

"[illegible] you might answer," I suggested. "A young mother [illegible] is more [illegible] than can [illegible] good nutrition, and poor nutrition, in her child."

"The figures are plain enough," said Doctor Will. "[illegible]."

[illegible] an erect, sturdy, well-developed body. He has straight legs, flat [illegible] for [illegible], well rounded chest, strong white teeth, and firm flesh of health color, with keen digestion and life. His expression denotes a happy mind. [illegible] overcome when sleep and energy, without being nervous and [illegible].

"Then Billy, and Sally Jean, must be well nourished," I observed, thinking of the "vigor and energy."

"There's nothing wrong with them, except that they're a-- a little too obstreperous," said Doctor Will, straightening his tie. "But you would be surprised to know how many very young children, and school children, are undernourished.

"The signs of undernourishment are easy to read. The undernourished child is likely to be stooped. His flesh is often pale and flabby. The chest is flat and narrow, while the shoulder blades protrude in 'wings'. Some of these children have bowlegs and knock-knees, showing that their food hasn't furnished the right materials, for proper bone formation. These are the most easily recognized signs of rickets," Dr. Will continued. "The teeth are often uneven, and show evidences of decay. The breath may be unpleasant, instead of sweet, like that of the normal child. Undernourished children frequently have dark circles under their eyes, and dull, or wistful, expressions.

"Such a child has low resistance, and he often 'catches' one disease after another. There is a lot more connection between right food, and resistance to disease than many people used to think. The undernourished child is finicky about his food, and may have frequent spells of temper. His school work is likely to be below standard. Children suffering from mal-nu-tri-tion are very frequently, but not always, below normal weight and height. Healthy children gain regularly in weight and height. Look for all the signs mentioned, especially healthy color and firm flesh."

"Wait a minute," I interrupted him here. "Let's not waste this good advice. Tell me the causes of malnutrition, or undernourishment. How do children get that way?"

"Well," said the doctor, glad enough to talk about his favorite subject, "children don't just naturally grow that way, as some mothers seem to think. The right kind of food, and enough of it, is the chief preventive against malnutrition. Yes, I might make that even stronger, the right kind of food in the right quantity at the right times."

I murmured something about leading a horse to water, but finding it hard to make him drink.

"Yes, I know," replied Dr. Will. "Lots of mothers are having a hard time making their children eat the foods they know they should have. Sometimes there's a wrong start, and the first thing the mother knows her child has a 'complex' on milk, and eggs, and spinach, and so on down the list. Psychological -- that's the trouble in nine cases out of ten. Less talk at table about food, insisting quietly but firmly that every member of the family eat what is set before him -- are two ways to stop this food finickiness. Also cutting out piecing between meals, especially on candy or sweet foods. Sweets eaten between meals may not be harmful in themselves, but they spoil the appetite for regular meals. Like balky horses, finicky children are the result of poor training. So head off malnutrition by starting right food habits before the baby leaves his cradle."

"[illegible] Billy, and Sally Jean, must be well nourished," I observed, [illegible] of the "vigor and energy."

"Well, is nothing wrong with them," [illegible] that they're all [illegible] doctor [illegible]," said Doctor Bill [illegible]. "Why you [illegible] be surprised to know how many many young children, and school children, are [illegible] nourished.

"The causes of undernourishment are [illegible] to read. The undernourished child is ill at ease [illegible]. Its [illegible] is often pale and [illegible] the appetite, [illegible] it [illegible], bodies [illegible] in infancy. Some of the children have [illegible] and knock-knees, showing that their bones [illegible] the [illegible] for proper bone formation. These are the most easily recognized [illegible] of [illegible]. The teeth are [illegible] and [illegible] of decay. The bowel may be [illegible], [illegible] or [illegible] of the normal child. Underweight [illegible] is usually [illegible] [illegible] or [illegible] eyes, [illegible] or [illegible] colors.

"Such a child has low [illegible], and is often [illegible] one disease after [illegible]. Since it is a lot [illegible] [illegible] and results [illegible] people [illegible] undernourished child is [illegible] [illegible] [illegible] medical [illegible] is [illegible] to [illegible] sufficient [illegible] [illegible] [illegible]

"What are the right foods for a child?" repeated Dr. Will. "I'm glad you asked that. I've answered it a thousand times, but I can never say it too often. Children's food is one of my hobbies, I'll admit."

"First," said the doctor, "the child should have milk, at least a pint a day. More, of course, if he will take it without omitting other necessary foods."

"Second: Vegetables. If possible, potatoes, and two other vegetables besides. Use the green leafy vegetables and tomatoes often.

"Third: Fruit. Two kinds; one fresh. The other may be dried, or canned, if it's impossible to get fresh fruit.

"Fourth: Cereal, in the form of bread or breakfast food. Breakfast cereals shouldn't be covered with sugar. They are better for the child if served with cream, whole milk, or butter.

"Fifth: Egg, or meat, or fish, at one meal a day. As a general rule, meat shouldn't be served to young children more than once a day.

"Sixth: Butter, at every meal.

"Seventh: Sweets, in moderation, and never just before meals.

"Eighth: At least four glasses of water daily. More if the child will drink it.

"Is that the information you wanted?"

"Yes, that's excellent advice, about the diet. Do you have any other suggestions? Child health is a tremendously important matter, and every mother in the United States wants the best advice possible on the subject."

"You're right," said the doctor. Food isn't the whole story. Children need plenty of exercise, in the fresh air, and plenty of direct sunlight. It isn't enough for a child to be in a sunny room, with the windows closed. The important ultra-violet rays of the sun do not penetrate through ordinary window glass, scientists tell us. Children must have sufficient sleep, too. Ten hours every night, with windows open, isn't too much. And all physical defects should be corrected--such things as decayed teeth and enlarged or diseased tonsils or adenoids. Is that enough information.

"Not quite," said I. "The women will be looking for a recipe, or a menu, and I thought you might-- well--"

"I see," said the doctor. "You'll be asking me how to poach an egg next. Seems to me I deserve most of the credit for this program even now."

"You're welcome to the credit," I told him, "if you will suggest three good menus for a child of five years."

These are the bills of fare the doctor suggested. He said they were no better than a hundred others he might suggest. They simply show the type of meals suitable for a five-year-old. Would you like to write them down? I'll

[illegible] the words "Look for a [illegible]" [illegible] [illegible] [illegible]

read slowly:

For breakfast: A baked apple; whole-grain cereal mush with milk; and milk to drink, if wanted; bread; and butter.

For dinner: A boiled potato; creamed codfish; string beans; bread; butter; cup custard; and a cookie.

For supper: Milk, a half pint, or more, if wanted; whole wheat bread; and date marmalade.

I wanted to get more information from Doctor Will before he went to bed, but he was too tired. "I want to get some sleep before that young hoodlum of yours wakes me up in the morning," he said.

Which was very impolite, don't you think? But no more than one can expect from a fond older brother.

I'm going to call on the Recipe Specialist tomorrow, and see what she has in the way of Thanksgiving dinners. I want to give you a Thanksgiving menu early next week, so there will be time to get everything ready, without hurrying.

By the way, Doctor Will thinks the cookbooks are great. Says the recipes are economical, practical, and "good to eat." I hope you agree with him.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

RECEIVED NOV 20 1926 U. S. Department of Agriculture

Reserve

PROGRAM HOUSEKEEPERS' CHAT RELEASE Tues. Nov. 23.

ANNOUNCEMENT: Aunt Sammy is going to devote her whole program to the Thanksgiving dinner today. After a visit to the market, to see what's to be had in the way of Thanksgiving viands, she will plan a dinner which is everything a dinner should be. This menu will be added to the Radio Cookbooks, which are sent free to every woman who listens-in regularly to the Housekeepers' Chats.

* * * * * * * * * *

I am going to break a rule today, and not answer a single question. Of course this means there will be twice as many questions to answer tomorrow, but I don't mind, so long as they're sensible questions.

Our Thanksgiving dinner must be especially nice this year, in every way. In the first place, we will see that the table is immaculate. We will use our best white tablecloth, our prettiest dishes, and gleaming glassware. The silver has been given an extra polish for the occasion. Even Aunt Sarah Limpkins, whose snappy black eyes see every little thing, will find it hard to criticize our table appointments.

The tablecloth will fit the table exactly, with the lengthwise fold down the center of the table. No roast turkey could look dignified on a wrinkley tablecloth.

In the center of the table we will have a simple, appropriate decoration -- bright autumn leaves, or bittersweet in a low orange bowl. If the frost hasn't caught the last of the chrysanthemums, we might have a cluster of these cheerful yellow and white flowers, nodding at us from the center of the table.

Candles are often used as part of the decorations at a formal dinner. Crystal candlesticks, with yellow candles, are attractive. I've found that when candles are thoroughly chilled in the ice box, for several days before they are used, there is little dripping, and the candles burn longer.

Now let's go to market, not to buy a fat pig, but to see what foods are most plentiful this holiday season. Some of us have cellars so well stocked, (with vegetables, I mean) that we don't need to buy much.

Here's a man who looks as if he could be trusted in marketing matters. I don't know his name. Guess I'll have to call him "Say", or "Listen", Shall I speak to him?

"Say, listen, can you tell us women what fruits and vegetables will be on the market around Thanksgiving time? We want to get a good Thanksgiving dinner, but we don't want to spend all our money, what with Christmas so near, and the price of neckties what it is. What do you have in fruits?"

"Well," ma'am, we have apples. They're the leading feature of the holiday market. It pays to buy them in not less than bushel lots. I would buy them bigger lots than that, if I were you, because after the first of the year, fresh supplies will become less plentiful.

"And then we have oranges, and grapefruit. The storm in Florida blew off two million boxes, of oranges and grapefruit, but the large orange crop in California assures ample supplies of oranges, at a moderate price. Bargains are likely to be had in California Valencias, and the smaller sizes of Florida oranges, because they are relatively abundant, this season. Grapefruit started the season rather high in price, but it may be expected to sell nearer the usual level soon, because of the increasing supply. Grapes have been very abundant, and the price lower than it was last year. Yes, I'm quite sure you can get grapes for your dinner. What are you going to do with all these fruits, anyway?"

"Oh, we'll serve them in a 'Fruit Cup'. If you don't know what that is, I'll tell you later. Any bargains in vegetables, today?"

"Sure. Lots of lettuce, for salads. Lettuce has become the market leader of the truck crops. Shipments have doubled, in five years, and next season promises even a bigger crop, because California and Arizona, which are the great sources of lettuce for the winter supply, are planting one-third more land to lettuce.

"White potatoes are good this year. The crop is somewhat larger than last season's, and prices are about one-third lower. I know you women will want mashed potatoes. If you want a real bargain, get some sweet potatoes. They're cheaper than white potatoes, in most markets.

"Then you can get pumpkins--they're abundant and quite inexpensive. The celery crop is only of moderate size, but you can get enough for your dinner".

"How about tomatoes?"

"This is between seasons, for fresh tomatoes. You might be interested in knowing that not so many tomatoes were put up in cans this year. However, there was a large surplus, carried over from last season, so there's nothing like a shortage in the present supply. That covers everything you want in the fruit and vegetable line, does it not?"

"Say, listen, [illegible] tell me women what [illegible] vegetables [illegible] be on the market around Thanksgiving time? We want to get a good Christmas [illegible] dinner, but we don't want to spend all our money. Just tell us [illegible] meat, and the price of vegetables what it is. Don't [illegible] in [illegible]."

"Well, [illegible] suppose. They're [illegible] heating furnace in a holiday market. It pays to [illegible] in our less [illegible] I would say [illegible] time [illegible] 1 [illegible] Tuesday, [illegible] first of the year. [illegible] probably will [illegible] [illegible].

"And then we may [illegible] and [illegible]. The storm in Florida blew off [illegible] million [illegible] crop. But [illegible] in California [illegible] of damage [illegible] are likely to be [illegible] in Washington, and the [illegible] crop [illegible] there are relatively [illegible] [illegible] the [illegible] [illegible] [illegible]

"Not quite, You haven't mentioned cranberries, and I can't imagine a Thanksgiving dinner without cranberries."

"My mistake, please forgive me. Cranberries are as plentiful as usual in the east, and unusually plentiful in Wisconsin and the northwest. Cranberries are competing with the apple crop. Good berries may be bought as low as 10 cents a pound, in some markets. There was such a big cranberry crop in the east, that you will likely see canned cranberries on your grocer's shelves the coming season. Is that enough information?"

"Yes, indeed, and thank you for your help. It is much easier to plan a meal when one knows what foods are on the market, and whether they are inexpensive, or high in price. We will plan our menu now. Good afternoon".

He was a very nice fruit-and-vegetable man, was he not? Think I'll send him a copy of the Radio Cookbook, so his wife can try some of the recipes. He looked so well nourished; I'm sure he must eat plenty of vegetables.

But we can't talk about fruit-and-vegetable men, when we have an important menu to prepare. If you'll get your pencils, I'll tell you my suggestion for Thanksgiving dinner, after a visit to the market: (Read slowly)

Fruit Cup, Roast Turkey or Roast Chicken, with Stuffing; Giblet Gravy; Mashed Potatoes, or Candied Sweet Potatoes; Brussels Sprouts, or Cauliflower, or spinach, or some other fresh green vegetable; cranberry jelly; Lettuce Salad with Russion Dressing; Celery; Nuts; Pumpkin Pie; and Coffee. Don't you like the color combination? Brown and yellow and green, with a touch of bright red.

I read the menu to Fred, before I camedown today, and he called it a "hoo-ca-flootin" dinner, That's high-school English for "magnificent", or "superb". By the way, I must remember to keep the turkey gizzard out of sight, while Fred is around. And he always is around, when I'm roasting a turkey.

Let's begin with the Fruit Cup. I'm going to serve mine, thoroughly chilled, in thin sherbet glasses. I will mix the fruit, and chill it, about an hour before it is served. Many combinations of fruit, fresh or canned, may be used for Fruit Cup. The main thing is to get colors that blend, and to combine acid fruit with sweet. Grapes, oranges, grapefruit, canned pineapple, and white cherries are attractive. I think I will skin and seed the grapes, so the Fruit Cup will be extra nice. The oranges and grapefruit will be freed from all membrane, and diced. I'll fix as many of the fruits as I can, on Wednesday.

After the Fruit Cup is served, we will bring on the second course. If you can get a turkey, well and good. But if your family is small, or turkeys can't be had in your section of the country, a roast chicken, or duck, will do very well to grace the Thanksgiving board. In fact, I could be thank-

ful for Baked Ham, if the turkey, chicken, or duck were unavailable.

Since the menu I have suggested calls first for Roast Turkey, I will tell you how to prepare it. The directions are simple, and easy to follow.

The most important point is to prevent the turkey from drying out. This may be done by cooking it in a covered roaster, with a little water in the bottom. The cover should be removed for browning the turkey, and then it must be basted frequently. The heat should be reduced, after the turkey begins to brown.

Now I'll give you specific directions for baking a turkey. Draw and singe a tender young turkey. Remove the oil sac, and all pinfeathers. Cleanse thoroughly, and wipe dry. Rub the surface over with butter and a little salt. Stuff with a dressing made as follows: Are you ready to take the stuffing recipe? I'll read it carefully:

6 cups finely broken stale bread
2 teaspoons salt
2/3 teaspoon pepper
1/4 teaspoon thyme
1/2 teaspoon ground sage
1 teaspoon baking powder
1/4 pound butter, or an equal amount of turkey fat
1/2 onion, grated, or more if desired
4 stalks celery, cut up small
1/2 cup boiling water

That's a lot of ingredients, isn't it? Ten of them. Perhaps I'd better repeat them. (Repeat).

Scissors may be used to cut up the stale bread. Cook the celery and onion in the butter five minutes. Mix with the bread, baking powder, seasonings, and hot water. Fill the cavity of the turkey. If a moist and fluffy, rather than a dry, dressing is preferred, use more water. If there is any surplus, it may be cooked in a separate dish, basted with the drippings from the pan, and served with the dinner.

The turkey may be started in a hot oven, with a temperature of 450°F. if a double roasting pan is used. If the turkey is young and tender, it will be done in one and one-half hours, during the latter part of which the temperature may be slightly reduced. A large, heavy, or old bird, will require considerably longer baking. Keep the bottom of the roasting pan well covered with water during the roasting, so the turkey will not dry out.

Of course you have saved the giblets--heart, liver, and gizzard -- for

the Giblet Gravy. The giblets may be baked in the pan, beside the turkey, or put through the meat chopper, and simmered in a quart of water while the turkey is baking. Measure the liquid. To thicken it, use two tablespoons of flour, blended with an equal amount of turkey fat, to each cup of liquid. Stir gradually into the hot liquid. Add salt and pepper according to taste.

Let's see, what next for our Thanksgiving dinner. Mashed potatoes, light and fluffy, dotted with butter, and served piping hot. Brussels sprouts, if you like, buttered, and served hot. Or creamed cauliflower, or spinach, or some other fresh green vegetable. One secret of a good dinner is to have the hot things hot, and the cold things cold.

Now where are we? This is interesting, getting a Thanksgiving dinner. We must not forget the bright cranberry jelly, and the celery. Nuts, too, if you want them, served in individual nut cups. I'm going to buy some paper nut cups, with yellow pumpkin decorations.

Next, the salad. A crisp, green, lettuce salad, with Russion Dressing, will be appetizing, and not too heavy for this dinner. For Russian dressing, you will need one cup of mayonnaise dressing, and 1/2 cup of chili sauce, or catsup. If you wish, add a little chopped celery or green pepper; or pickle, if you use catsup. These spicy additions to plain mayonnaise give it a "different" look and taste, and are quickly made.

That's about all, except the bread and butter, and the pumpkin pie and coffee.

I will repeat the menu, in case you didn't hear it all: Fruit Cup; Roast Turkey or Roast Chicken, with Stuffing; Giblet Gravy; Mashed Potatoes, or Candied Sweet Potatoes; Brushels Sprouts, Cauliflower, or Spinach; Cranberry Jelly; Lettuce Salad with Russian Dressing; Celery; Nuts; Bread and Butter; Pumpkin Pie; and Coffee. Sounds quite tempting, when read aloud.

A word about the cookbooks. There are seven women, in the United States, who are making unkind remarks about Uncle Sam, and Aunt Sammy, and the Cookbooks. The reason is -- these seven women forgot to write their addresses on their letters, when they wrote for the books. They wrote nice letters, too, and I am very sorry that I can't answer them. Perhaps these seven women will write again. If they do, the books will be sent post haste, or sooner.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Reserve

PROGRAM HOUSEKEEPERS' CHAT RELEASE Nov. 24

ANNOUNCEMENT: Aunt Sammy's Chat begins with a recipe, and ends with a recipe. You will need your pencils and paper, right from the start. These recipes will be included in the third set of pages for the Radio Cookbooks. Copies of the cook book are sent free to every woman who listens-in regularly to Radio Station_____.

* * * * *

I have learned something, since I talked to you yesterday. Last night I decided to make a cake for dinner. While I was getting the ingredients ready for the cake, in walked my gossipy Next-Door-Neighbor.

"Aunt Sammy", said she, somewhat out of breath, "what do you think? Old Mrs. Todhuffer, who is eighty-seven if she is a day, has had her hair bobbed! Feature that! And she's having a permanent, this afternoon. The old grey hair ain't what it used to be!"

"Don't be foolish"! I said, severely, my mind's on more serious problems than bobbed hair and permanent waves. "I'm making a cake, and if it's good, I'm going to broadcast the recipe".

"That's fine", agreed my Next-Door Neighbor, "but aren't you spending a lot of time measuring that half-cup of solid butter?"

"Perhaps, but I believe in exact measurements. When a recipe calls for a half-cup of butter, I make it exactly a half-cup, even if it does take a little more time to measure it. What are you laughing at?"

"You", said my next-door neighbor, cheerfully, "Give me a clean glass measuring cup, Aunt Sammy, and watch me".

I gave her a measuring cup. She poured it half full of cold water. Then she added butter, until the water rose to the top level of the cup. She poured off the water, and there was a half cup of butter left.

"That beats your slow method of measuring". said she. "and I know another short cut in cake making. Why not place the fat in a warm place, until it becomes soft--not melted--and then it can be combined easily with the sugar. That is just as satisfactory as the old-fashioned way of creaming cold fat and sugar, and it's much quicker. I know a lot about cakes, Aunt Sammy. Why don't you broadcast my recipe for a plain foundation cake? It's rich enough for

most purposes, especially if baked in layers, and put together with filling. Here, I'll give you my recipe, which makes two thick, or three thin, layers".

Here's the recipe she gave me, for plain foundation cake. Eight ingredients. I'll read so slowly that you can get all eight of them:

1 cup milk
3 cups soft wheat flour
1/2 cup fat
2 to 3 eggs
4 teaspoons baking powder
1 -1/2 cups sugar
1/4 teaspoon salt
1/2 teaspoon flavoring

Perhaps I'd better repeat the ingredients, to be perfectly sure you have them all: (Repeat)

Just a word about the fat. If butter, or any other fat containing water, is used, allow about 3 tablespoons more for each cup of fat. You might as well take my Next-Door Neighbor's advice, and place the fat in a warm place, before you combine it with the sugar.

After the fat and the sugar have been thoroughly combined, stir in the beaten egg yolks, and add alternately the dry ingredients, (which have been mixed and sifted together), and the liquid. Add only a small quantity of liquid at first. If you add too much, it will dissolve the sugar, and the fat will separate. Add the flavoring, and fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans, taking care that it is spread evenly. If the cake is baked in a thick loaf, the oven temperature should be very moderate, about 325 degrees F. If baked as cup cakes, or in thin layers the oven should be about 375 degrees F.

When eggs are high, recipes calling for a large number of eggs can sometimes be made more cheaply by using fewer eggs. In general, for each egg left out, add about 2 tablespoons of liquid, and one-half teaspoon of baking-powder. Of course the cake isn't quite so tasty as the one made with more eggs.

Perhaps you would like to try my uncooked orange icing. I make it occasionally when I'm in a hurry, and haven't time to make a boiled frosting. The five ingredients for Uncooked Orange Icing are:

1 cup confectioner's sugar
2 tablespoons butter
1 tablespoon fresh orange juice
1 tablespoon cold water
Grated rind of 1 orange

Cream the butter. Add the sugar and liquid gradually, beating until the mixture is soft and creamy. Use at once.

The first question today is from a city housewife: "Sometimes the milk delivered to me has less cream on it than at other times", she writes. "Do you think the milk has been skimmed, or watered?"

Not necessarily. The amount of cream on the top of milk is not a true measure of the amount of butterfat. Variations in methods of pasteurizing, time of bottle filling, agitation, and other factors, influence the rising of cream. Bottle milk may have a poor cream line, and yet contain a normal amount of butterfat.

The Department of Agriculture has just compiled a list of suggestions for people who buy milk. First, says the Department of Agriculture, buy only the best milk obtainable. It is cheapest in the long run.

Second consult the health department, before selecting your milk dealer.

Third, buy only bottled milk, if possible. Dipped milk is often dirty, and deficient in cream.

Fourth, take milk into the house as soon as possible after it is delivered, and place it in the refrigerator immediately. Bacteria increase rapidly in milk which stands in the sun, or warms up. Such milk sours quickly.

Fifth, keep milk in the original bottle, in the refrigerator, until the moment of serving. Milk which has been poured from the bottle should not be returned to it.

Sixth, keep the bottle covered, with a paper cap or an inverted drinking glass. This keeps out flies, and dust, which may carry dangerous bacteria into the milk.

Seventh, keep the refrigerator clean and sweet. Wash all parts, including the drain, frequently, with hot water and sal soda. Cover strong flavored foods in the refrigerator, for milk quickly absorbs odors.

Eighth, wash milk bottles as soon as emptied. Rinse them with lukewarm water, and then with hot water.

Ninth, remember that clean milk, properly cared for, is one of the best foods obtainable. It is nourishing, digestible, and usually economical.

The Department didn't say so, but I am sure it must know, that, from a sanitary standpoint, serving milk on the table, in the original bottle, is an excellent practice. In any case, a milk bottle, especially the mouth, should be cleaned carefully before milk is poured from it.

"What is junket?" is the next question.

Junket is one of the simplest and most wholesome of milk desserts. It is merely sweet milk, thickened to a custard-like consistency, by means of rennet tablets. These tablets may be purchased at any drug store.

Question 2: "How should horseradish be prepared for table use?"

Grate up good sound roots, cover with a little distilled white vinegar, and pack into bottles at once. White vinegar is better than cider vinegar, because the cider vinegar darkens the horseradish. Seal the horseradish tightly, and keep it sealed. The best part of horseradish is the sharp, pungent, taste, and that is due to a volatile principle which escapes very readily, especially when the horseradish is exposed to the air.

"I would like to have an appetizing recipe for cooking parsnips", writes a Texas listener, "if you think there is an appetizing recipe".

I don't "think" there is a good recipe for parsnips -- I know there is. Many persons who have never liked parsnips before, have changed their minds when they tasted delicate "Scalloped Parsnips". They may be prepared early in the day, and reheated in a shallow baking dish. If you are buying parsnips, select the heaviest ones. Those of light weight may be pithy. Scrub the parsnips clean. Cook them until tender in lightly salted water -- 20 to 30 minutes will be enough for medium-sized ones. Drain them. Scrape off the outer skin. Split the parsnips lengthwise. Pull out the woody cores. Place the parsnips in a shallow baking dish. Cover them with a white sauce made with butter, flour, and milk. Of, if you like, the liquid for the sauce may be top milk, or cream, and then less butter will be needed. After this sauce is poured over the parsnips, cover the top with bread crumbs which have been mixed with melted butter. Bake in a moderate oven, until the parsnips are thoroughly heated, and the buttered crumbs are golden brown.

The last request is a recipe for Frying Onions in deep fat. I'm glad some one asked for that. It's my favorite way of cooking onions. This recipe has been approved by the Bureau of Home Economics and I'm sure you'll like it-- if you like onions.

You may use delicately flavored onions, or the common brown-skinned variety--any kind of an onion will do, just so it's of the good "eating" type. Remove the brown skin. Slice the onions very, very thin. Then dip the slices into a thin cover batter. The cover batter is made of 1 cup of flour, 1 cup of milk, 1 egg, and 1/4 teaspoon salt. Allow the onions to drain well, after they are dipped into the batter.

After they are drained, the onions will look as if they had no batter covering at all, yet, when they are browned in the fat, they will have a delicious, tender coating.

Use lard or other cooking fat to fry the onions. Have a frying kettle about half full of hot fat. Be careful that the fat isn't so hot that it smokes. Use a piece of bread to test the heat of the fat. That is, drop a small piece of bread into the fat. If it browns in about one minute, the fat is just right for the onions. Put the slices of onion in a wire basket or sieve, so as to make them easier to get out of the hot fat. Lower the sieve or basket into the hot fat and let the onions fry until they are golden brown. Drain the basket and then place the onions on absorbent paper. Onions fixed this way in deep fat are very good, especially with steak. They will keep for some days just like potato chips and still hold their crispness.

Don't forget to clarify your fat, after you have fried the onions in it Clarify it with slices of raw potato, then strain it through cheesecloth, and cover it carefully, to keep out the dust. I suspect you know hot to do all that, without my help, but then there might be some inexperienced housewife who isn't "up" on all the latest points of cookery.

I'm going to surprise you today, and not say a word about the cookbooks. Why should I? They're so good they speak for themselves.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
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Reserve

HOUSEKEEPERS' CHAT — Thurs. Nov. 25.

PROGRAM ..... RELEASE .....

ANNOUNCEMENT: Interior decorating, the proper care of leather handbags, and suggestions for Christmas gifts are included in Aunt Sammy's Chat today. Two new recipes, also, which have been tested and approved by the Bureau of Home Economics of the U. S. Department of Agriculture.

* * * * * * *

We will waste no time on preliminaries today, but plunge right into the question box.

"What type of curtains would you suggest for a very young child's nursery?" asks a Kansas Listener.

This is the sort of question I especially enjoy answering. Have you discovered that furnishing rooms is one of my hobbies? I like to work with lovely fabrics, and pretty colors.

In the first place, a child's room needs plenty of sunlight, and air. Sturdy, simple, decidedly decorative, curtains are best, with distinct colors. A child's room need not be decorated in dainty pastel shades. Such colors make little appeal to a small child. If possible, glass curtains, (or the curtains which cover the window panes), should be omitted in a child's room. If he takes a daytime nap, there should be a screen, or window draperies, which will shut out the light for a time. You might use side curtains, which are lined, and arranged to draw, or chintz shades, or Holland shades, with gay painted designs. For nursery curtains, avoid vague patterns, or light, flimsy, fabrics. English prints, bright checked ginghams, charmingly colored Japanese crepe, or appliqued, unbleached muslin, are appropriate. Motifs for applique, and color ideas, may be taken from Mother Goose stories, or a book of fairy tales.

The last time I was in town I saw some clever designs in nursery curtains. One pattern that I liked particularly was a cretonne, with maps of North and South America, and animals peculiar to these countries drawn in appropriate places. For instance, in the state of Montana, there was a flock of sheep, peacefully grazing. If I had had geographical curtains, when I was very young, I might know how to bound my native state, without referring to a map.

This cretonne could be had in two color combinations -- blue and tan.

Then there was another clever pattern for nursery curtains -- a cotton

material, with Mother Goose characters printed on it: Little Boy Blue, blowing a yellow horn; four-and-twenty blackbirds, escaping from a huge pie; and all the other members of Mother Goose's kingdom. Curtains of this material would be as interesting as a story book.

There were other fascinating fabrics, too -- one, in blue and white, which pictured the landing of the pilgrims; another which was covered with gay flowers -- hollyhocks, four o'clocks, and bachlor's buttons, "geraniums red, and delphiniums blue".

Some of the curtain materials, with the smaller designs, would make pretty covers for a small child's bed.

Among the dress goods, I also saw some excellent materials for bedroom curtains, more durable, too, than the cretonnes which came near to charming all the money from my pocket. Ginghams, voiles, and English prints, with colors fast to washing and to light, I found in many gay shades. That's one important point to think about in buying light-colored curtain material -- will it hold its color, in sunshine and in water.

And think of the possibilities for Christmas books, made at home, with pretty cretonne or gingham covers. I wonder if you'd be interested in the Christmas gifts that Billy, and Sally Jean, and I made last year for our youngest friends. Shall I tell you about them? Since this is a holiday, you won't mind if I digress for a few minutes, from serious subjects.

Magazines and newspapers accumulate so rapidly in our family that it seems impossible to keep more than the current numbers. So Billy and Sally Jean clip the stories, the verses, and the pictures they like best, and put them away in envelopes and cardboard boxes, until we get ready for our "scrapbook bee", a few weeks before Christmas. Then with paste and blunt-pointed scissors, we make our Christmas books.

I never let the children work until they lose their interest, nor plan too elaborate a book. Six or eight pages is enough for a seven-year-old to attempt.

The simplest and handiest foundation for a scrapbook is a pamphlet, an almanac, a "composition" book, or an out-of-date textbook. Cut-out pictures and stories can be pasted over the printed text. Tough brown wrapping paper, cut to convenient size, is also a good foundation for the books.

A more elaborate book is made of heavy, unbleached muslin. Cut four or five pieces of muslin, about $7\frac{1}{4}$ by 11 inches, or larger, if you wish. Finish the edges with a pinking iron, or notch the edges, or finish them with a blanket stick. The cover may be made of a gay flowered piece of cretonne, with a small design. Checked gingham, with a title worked in cross-stich is also attractive. Cut the cover a trife larger than the inside pieces.

is also attractive. Cut the cover a trifle larger than the inside pieces. Then stitch the cover, and the inside pieces, down the center, by hand or by machine. Verses and pictures can be pasted in this book.

Last year we made one scrapbook, of an old telephone directory, for a little boy. We clipped the children's stories from the daily paper, and pasted them in the book. The cover was of black oilcloth, with the little boy's initials, embroidered in red yarn, on the front. The edges of the oilcloth cover were glued to the inside of the paper cover. Then a piece of red "construction" paper --- the kind children use in school -- was glued on the inside of the front and back covers, thus hiding the raw edges of the oilcloth.

We made another gift from an old spelling book, for a boy who loves adventure stories. The cover for this book was a piece of oilcloth, left over from the bathroom wall covering--a blue and white pattern, picturing a ship in full sail on the bounding deep.

When Billy and Sally Jean and I "make" story books, we try to be as artistic as possible. Stories and pictures are cut out neatly, and margins are kept straight. The material is not crowded, and stories and illustrations are well balanced on the pages. I find that scrapbook making is an excellent method of teaching the simple principles of design. And it instills in the children a desire to choose the best from what they read.

Well, I must stop talking about Christmas presents, when there are so many more important matters.

While I was looking at the curtain material the other day, I bought myself a leather handbag, a durable one, with a smooth finish. I paid a rather high price for it, but I decided it was more economical to buy good leather, than to pay a lower price for leather of a poor quality. The man who sold me the handbag said that a smooth finish gives better service, and looks nice much longer, than an embossed finish. He gave me a number of good hints which he had gotten from the Bureau of Chemistry about the care of leather billfolds, and wallets, and pocketbooks.

"Never allow leather articles of this type to get wet", he said. "Carry them where they will not be rubbed, and bent, and exposed to perspiration. Don't keep leather articles in very warm places, because leather that is very dry is harsh, cracky, and easily scuffed. You can lengthen the life of uncoated grain leathers by the use of a leather dressing. Castor oil, or vaseline, may be used for traveling bags, suitcases, and upholstery leather. Russet leather, however, is somewhat darkened by such treatment. Apply a little dressing on a piece of soft cloth, work it in well, with the hands, and then rub the cloth lightly and evenly, over the entire surface of the leather. After a short interval, rub the leather briskly, with a clean, dry cloth, to remove excess grease."

"That's good advice", I told him. "Now perhaps you can tell me how to remove mildew, from leather articles. I had a leather suitcase, once, which was accidentally stored in a damp cellar. The mildew changed the color of the leather. What should I have done with it"?

"Any leather article is almost sure to mildew, if kept in a warm, damp, and dark place, such as a closet, cellar, or stable", said the leather dealer. "This mildew probably doesn't make the leather less serviceable, unless it's allowed to remain too long, but it may change the color, and injure the appearance. The simplest way to prevent mildew is to keep the leather in a well-ventilated, dry, well-lighted place, preferably one exposed to the sunlight. When mildew develops, it should be washed off with soap and warm water, or simply wiped off with a moist cloth. Dry the leather well afterward".

Now we'll do a right-about-face and step from the leather store into the kitchen, so I can give you two recipes for sweet potatoes.

Sweet potatoes have much the same food value as white potatoes, but they contain more sugar, have a higher calorie value, and are rated higher than white potatoes, as a source of vitamin A.

In general, the mealy varieties of sweet potatoes are used to take the place of white potatoes, or to combine with left-over meats, while the sweeter, moister, kinds are good candied, or in desserts, such as pudding, or pie. Of course either kind of sweet potatoes may be used in any of the ways suggested.

I wonder if you noticed that the recipe for Candied Sweet potatoes was left out of the cookbooks. It will be in the next set of pages. But it is such a good recipe that I am going to repeat it today. Are you ready to write down the directions, for Candied Sweet Potatoes? .I will read very slowly:

Select six medium-sized potatoes, uniform in size, if possible. Partially cook the unpeeled sweet potatoes in boiling water. Cool and skin. Cut the potatoes in halves lengthwise, or in three pieces, if the potatoes are large enough. Put in a greased baking dish large enough for just one layer, not packing too closely. Make a sirup by boiling one cupful of corn sirup, 1/4 teaspoon salt, 2 tablespoons or more of butter, and 1/2 cup brown sugar. The sirup should be fairly thick. Pour the sirup over the potatoes, and place them in the oven to brown. Turn them very carefully. The potatoes may be served in the baking dish.

The second recipe is for Sweet Potatoes with Apples. Four ingredients:

1 pound sweet potatoes
4 medium-sized apples
1/2 cup sugar
3 tablespoons butter

Wash the sweet potatoes, and cook them in their skins, in boiling water. Cool and skin. Cut the potatoes and apples in slices. Place them in alternate layers in a buttered baking dish. Sprinkle sugar over each layer. Add a little water, and bake until apples and sweet potatoes are softened.

These recipes will join the others, in the Radio Cookbook. And if there are any more recipes you'd like to have, please tell me. I want these cookbooks to be the most interesting, and the most reliable, in the country. After the radio season is over, I will check the books carefully, make any necessary corrections, and send you a list of corrections, and an index. One more program this week, with a menu for Sunday.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Fri. Nov. 26.

ANNOUNCEMENT: Fish, ferns, and devils-food cake are on the program today.

ANNOUNCER'S ATTENTION: Please make it clear to your audience that all the information in the Housekeepers' Chats has been approved by the Department of Agriculture, and that the recipes have been tested and approved by the U. S. Bureau of Home Economics.

* * * * * * * * *

Lettie took me down to the fish market yesterday. "Lettie" is my car, my automobile, what some people call a "machine". Lettie rattled over the cobblestones in quite a jaunty manner, and stepped right up onto the board walk. She was feeling so perky I'm sure she would have rushed right through the fish market, and down into the river, if I hadn't chided her.

"Watch out, Letty", I said gently, "don't frighten the Fish Market Man. I have heard he is a very intelligent person -- used to be a college professor, or something like that. We may want some information from him."

But Letty only snorted. Do you know, I believe she likes to frighten people.

The Fish Market Man was singing a sad tune when I entered his shop. Over and over again he sang, "Oh, when I was single, my pockets did jingle -- how I wish I was single aga-a-in!"

Finally I had to interrupt him.

"Pardon me, sir," said I, "but I'm not interested in your matrimonial troubles, nor your financial difficulties. I came down here to talk about fish".

"Oho". said he, "you're the lady who tried to run over me just now"!

"Not at all", said I, politely. "Letty always knows when to stop".

"Of course," said he. "I can tell that by looking at her fenders. What do you want to know, anyway, about fresh fish?"

"First, I want to know how to tell whether a fresh fish is really fresh".

"Easy," said the man. "If the fish is fresh, the eyes are full and bright; the gills bright red; the flesh firm, and the fish has a fresh odor. Notice particularly whether the flesh along the backbone smells fresh. The first signs of spoilage are noticeable at this point. It is here that the main blood vessel lies".

"That's what I wanted to know", I said, taking notes as fast as I could write. "Now tell me why fish are considered so important in the diet".

"One reason", said the man, "is that fish and shellfish, especially the salt-water kinds, both fresh and canned, are the best known source of iodine. Iodine is a mineral needed to keep our bodies normal and healthy. It is a lack of iodine, for instance, in food and drinking water, that leads to disturbances. of the thyroid gland, and one form of the disease known as goiter. Scientific workers have discovered that there is a goiter belt through the inland states, where there is a deficiency of iodine in the soil, and consequently, in the drinking water and in the vegetables grown in the soil. Also in this belt people eat small quantities of fish and sea food. Therefore, there is a good health reason behind the fish dinner, and it is well to include one in the family menu regularly".

"What kind of fish would you advise women to buy?" I asked.

"Well, the homemaker who wants to give her family appetizing, wellbalanced meals, at not too high cost, always makes the most of things in season in her locality. Why not study the local market, and find out the seasons when the different kinds of fish, and shellfish, are at their prime. Even a fish man, who knows every kind of a fin, can't tell what kinds will be prime all over the United States, at any one time. Of course there are a few standbys, like salmon, cod, halibut, haddock, bass, trout, flounder, perch, oysters, clams, and scallops, which are in season somewhere practically every month.

"I know something about cooking fish", concluded the man, modestly. "Would you like me to tell you how I cook it"?

That was just what I had been waiting for, so I sharpened my pencil, turned over a page in my notebook, and took down everything the man said about the cooking of fish.

"If your usual way of preparing fish is frying," he said, "try broiling, baking, or boiling. If the fish itself contains a great deal of fat, frying in more fat is likely to make it over-rich. Broiling under a gas flame, or over hot coals, requires very little, if any, added fat. Broiling also develops a particularly delicious flavor. Stuffing and baking is, to many persons, an unsurpassed way of preparing fairly large fish. Even small ones, such as perch, can be pan-broiled so that they are not greasy.

"It may be more economical to buy one large fish, than several smaller ones. If you are going to stuff the fish, and bake it, you will need one weighing four pounds, at least. A good general rule to follow is to allow about half a pound of fresh fish, to each person to be served. With this rule in mind, you can easily decide how much fish to buy for your family. If your fish is scaled, and skinned, at the market, look it over again at home for scales, especailly near the tail, fins, and head, For baking, the head and tail should always be left on. For broiling, fish, too, many persons think that head and tail make it look more attractive for serving.

"After your fish has been thoroughly cleaned and washed, if you are going to broil it, slash it down one side of the backbone, so it can be spread out flat. If you are going to bake it, split it on the belly side only. If you wish to use more stuffing than the natural cavity holds, split the fish down toward the tail, but be careful not to pierce the outside skin. Small fish are of course fried whole, with or without heads and tails. Large fish are generally cut up in portions that will cook through easily, and are suitable for serving.

Now for the directions for cooking fish in these various ways:

"To broil fish, place it skin side down on a greased pan, baking sheet, or heavy oak plank of the kind sold for 'planking' meat or fish, if it is to be cooked under a gas flame. If you are going to broil it over hot coals, Place it in a greased broiler. Fish should always be broiled at medium temperature, for a comparatively short time, so it won't be tough and dry. In using a gas flame, turn it fairly low, and place the fish far enough from the flame so it will cook rather slowly. A four-pound fish will require 25 to 40 minutes, depending on how thick it is. Just before it is done, place it closer to the flame to give a golden brown. Slip the broiled fish gently onto a hot platter, add a little melted butter, and serve with it some slices or sections of lemon.

"For the stuffing for baked fish you will need 2 cups of bread crumbs, 1/4 cup melted butter, 1/4 teaspoon salt, 1/8 teaspoon pepper, a few drops of onion juice, 2 tablespoons of chopped celery, and 1 tablespoon of finely chopped parsley. Add the bread crumbs to the melted butter so as to get the benefit of all the butter, then add the salt, pepper, onion juice, and chopped celery and parsley. Press this stuffing into the cavity of the fish and sew it up loosley. Fish is very tender, and if the thread is drawn tight, it will tear the flesh. For bass, or other fish which is not naturally oily, lay over it strips of salt pork or bacon. In any case, dredge the fish lightly with flour, and place in a greased baking pan. If three broad strips of greased cloth are placed under the fish, crosswise of the pan, it can be lifted out easily for serving. Bake the fish in a moderate oven and baste it occasionally with a mixture of two tablespoons of butter to 1 cup of hot water. A

fourpound fish will bake in about 40 to 50 minutes. Or in other words, allow about 10 minutes extra.

"Fish should also be fried over fairly low even heat; therefore, a heavy skillet is best. Use sweet flavored fat, and use only enough to keep the fish from sticking to the skillet. Always wipe the fish dry before rolling it in flour or corn meal. When the fat is hot, but not so hot that it smokes, put the pieces of fish in but do not crowd them. Reduce the temperature at once, cook slowly, and turn the fish when a brown crust has formed. If fish is turned too soon, it is likely to fall to pieces, and soak up the fat.

"Have I given you the information you want?"

"Yes, sir, and thank you. Now I can plan a dinner, with fish as the main dish".

The dinner I planned was this: Fish-Broiled, Fried, or Baked; Mashed Potatoes; Buttered Beets or Buttered Carrots; Lettuce Salad, or Celery; Sliced Oranges and Bananas, for Dessert.

With the fish we will want a mild-flavored, starchy, vegetable. White potatoes, mashed, and well seasoned with milk and butter would be good. Or if you have your oven hot for broiling or baking the fish, have baked potatoes. Beets might be served boiled, sliced, and seasoned with butter. If you do not have beets, you might use buttered carrots. Lettuce salad, or celery, will be appetizing with the fish dinner. For dessert, Sliced Oranges and Bananas.

Now I'll repeat the menu: Fish-Broiled, Fried or Baked; Mashed Potatoes; Buttered Beets or Buttered Carrots; Lettuce Salad or Celery; Sliced Oranges and Bananas.

I have two questions I must answer today, before I begin next week's programs.

The first question is about ferns, asked by a Chicago listener.

"Please tell me", says she, "how to care for a fern, as I seem to have such poor luck with them".

Ferns as they come from the florist, prepared for an indoor life, should be placed in a strong light, although they grow well without sunlight. They should be kept moist, but they must not be given too much water. Improper watering, especially keeping the plant soaked, or letting it get dry, is the cause of most fern troubles. In the autumn and winter, ferns need only one-third as much water as is necessary in spring and summer.

Give your fern a bath occasionally. Put it in a tube, and wash it with a weak soapsuds, made from a good grade of soap. Be sure to rinse off, thoroughly, as soon as the fern is washed Ferns seem to appreciate a little special attention. Give them, once or twice a month, a dilute solution of nitrate of soda, very dilute ammonia water, manure leachings, or prepared plant food. And repot them, every year or two.

The second question: "Why is my Devil's Food Cake sometimes a beautiful rose red, but oftener brown?" This question has been answered by mail, but I think the answer is worth broadcasting.

The red color of Devil's food cake comes from the use of more soda than is needed to neutralize the acid in the sour milk and chocolate. A cake that is especially red has a somewhat different taste, because of the excess soda. You know what sour milk biscuits look like, when too much soda is used. They are a peculiar yellow, and not very appetizing. Food authorities say that it is not particularly desirable to take free alkali into the body, and that's what we do when we eat foods containing more soda than can combine with the acid used in preparing them. So perhaps very red Devil's food cakes are not as good for us as the brown ones.

That's the last question for this week. Please continue sending in questions, and especially suggestions about the programs. And if by any chance you have failed to hear about the cookbooks, which are sent free to those who listen-in faithfully to this station, send for your copy now, before they are all gone.

UNITED STATES DEPARTMENT OF AGRICULTURE
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PROGRAM HOUSEKEEPERS' CHAT RELEASE Mon.Nov.29.

In 3 4k
Reserve

ANNOUNCEMENT: Aunt Sammy's Chat today is about one article of wearing apparel every housewife is interested in, unless she lives on a cannibal isle, where clothes are of no consequence. There is a menu, too, and a new recipe, approved by the Bureau of Home Economics.

ANNOUNCER'S ATTENTION:- Please make it clear to your readers that the information in this program has been approved by the U. S. Department of Agriculture.

* * * * * * * *

I went to the city last week, and bought a pair of shoes, from a man who wore a violet-colored smock, and a wide white collar. The sign on his shop reads: "Louis Napoleon, Shoes for Milady".

When I entered the shop, louie was fitting shoes on a lady who wanted to try every style he had. I was waiting my turn, thinking how captivating Louie was, in his violet-colored smock, with the white collar, when suddenly he threw up his arms, despairingly and exclaimed:

"Ma-dahm! You cannot wear zee leetle show on zee so-beeg feet! They say, in this con-tree, 'If zee shoe fit, wear it!' But you, ma-dahm, you say, 'If zee shoe fit, breeng me one a size smaller! Is it not so?"

Without a word, the lady put on her old shoes, and "flounced" out of the store. Louie couldn't speak for a minute. Then he burst forth in French, talking so fast I couldn't understand a word. Perhaps it's just as well.

When he became calm, Louie started in to lecture me on the kind of shoes women should wear. He told me that practically everyone, is born with strong feet, and that there are two reasons for our feet becoming week -- the way we use our feet, and the shoes we wear.

I learned that narrow shoes do not allow for the natural expansion of the foot, when bearing the weight of the body. In narrow shoes, the foot can't be placed on the floor, in a natural position.

Shoes with pointed toes keep us from using our toes in walking. The toes, and especially the big toe, are fitted with muscles, so that the toes press against the ground when we walk, and help to raise the body. This gives

a light, springing step. If tight, pointed shoes are worn, the toe motion is lost, the toe muscles lose their activity, and the ability to walk naturally is lost.

Short shoes are even worse than narrow shoes. They do more permanent damage. The foot is decidedly longer, when bearing the weight of the body, than when it is at rest. Therefore, the shoe should be fitted one-half to three-fourths of an inch longer than the foot at rest. The bones can't be pushed together lengthwise. If we wear shoes that are too tight, or too short, or with heels that are too high, we may have enlarged joints, bunions, corns, overlapped toes, hammer toes, and other painful foot troubles.

The shoe should be long enough for the foot, and it should also be long enough from the heel, to the big toe joint. That is, the shoe should not press against the arch. It should be the shape of the foot. The arch is like any other part of the body -- it becomes useless, unless exercised.

If the shoe supports the arch of the foot so much that the muscles and ligaments, which should be the supports, do not get proper exercise, these ligaments become stretched, and useless.

When the body is in a natural standing position, the toes, the ball of the foot, and the heel, are flat on the floor. When we place a block, two or three inches high, under the heel, the whole body is thrown out of balance.

The shoe dealer told me that high heels are most impractical, and no good at all, on walking shoes. In fact, he said there were very few occasions on which high heels are appropriate --- a party, for instance, where one does no walking, and no standing.

"That would be a jolly party," I murmured, but Louie was so interested in shoes, that he paid no attention to me.

He said that foot troubles cause general fatigue, an aching body, poor posture, indigestion, and other disturbances.

By the time Louie had finished his lecture I was ready to buy the most practical pair of walking shoes in the store, and I went away feeling, very, very, righteous. Which wasn't difficult, since the shoes were good looking, as well as sensible.

Having so much shoe information, free of charge, I decided to learn more on the subject from the Leather Specialist in the U. S. Bureau of Chemistry.

"People can now buy shoes which combine the proper shape, with an attractive appearance, and good quality of material," said the Leather Specialist. "And a more universal demand for such shoes, will increase the supply".

[illegible]

"What is an ideal shoe?" I asked.

"An ideal shoe, for general wear," said the Leather Specialist, "combines comparatively straight inner lines, rounded toes, heels of medium height, and moderately thick soles, which make for service, comfort, and safety. Some health authorities say that the shoe should be three-fourths inch longer, than the foot at rest. The shoe should be of good, durable, material, Leather is probably best. It stands hard wear, and is easy to keep clean and polished.

"Feet which have been mis-shapen by improperly fitting shoes, may need remolding, by a series of gradual changes. If you have been wearing high heels for along time, you will find low heels uncomfortable, for a week or so. The low heels make use of muscles which have been inactive, for a long time. And you may have to go by easy stages from a narrow, pinching, toe, to one that permits the foot to spread out to its natural size".

"Good advice," I said. "Now can you tell me how to take care of shoes?"

"Certainly," said the Leather Specialist. "And if you take proper care of your shoes, you will save from 25 to 50 per cent on your shoe bills, besides have better looking footwear. An economical plan is to have two pairs of shoes, which are worn on alternate days. This allows each pair to become thoroughly dry, between wearing periods. Shoe trees help to keep the original shape of shoes. If you will remember to put shoe trees in your shoes, every time you take them off, the shoes will look neat much longer than they would otherwise.

"Shoes for heavy out-of-door work should be kept clean and greased. Those for street wear should be kept clean and polished. Send your shoes or boots to the shomaker the minute they begin to rip at the seams, the upper leather cracks through at a crease, a heel becomes twisted out of shape, or the heel lift wears through. Especially avoid wearing away the welt. If you wait too long, the shoe will soon be so badly damaged that it isn't worth repairing, and you will lose from $2 to $5 because of neglect.

"Many simple repairs can be made at home, with the aid of a repair kit, which can be bought at a hardware store. Waxed linen thread should always be used for sewing.

"What is the best way to dry wet boots and shoes?" I asked.

"To dry wet boots and shoes properly, first wash off all the mud and grit, with lukewarm water. In the case of work shoes, or rough shoes, oil or grease them. Then straighten the shoe to the correct shape, and stuff the shoes with crumpled paper. This helps to hold the shape, and make the shoes

dry sooner. Don't let the shoes dry too fast, or they will shrink, and become hard and mis-shapen. Set them in a place that is not too warm, and allow them to dry slowly. Don't wear the shoes until they are thoroughly dry.

"Now if you want to know something about harness," began the Leather Specialist,

"But I don't!" said I, rather rudely, I am afraid, because the Leather Specialist looked quite sad for a minute.

"Well, then", he continued, "if you want more information about shoes --- how to make them waterproof, and how to oil them, and grease them---you might get a copy of the new Farmers' Bulletin, entitled 'shoes'".

I begged his pardon then, for being so impolite, and asked to see a copy of the bulletin, which is sent free by the U. S. Department of Agriculture.

That's enough information about shoes, and leather, to last a long time, isn't it? I'm surprised that neither of the men I talked to warned me against wearing "just any old thing" around the house. I don't like to wear dilapidated old shoes when I'm working. When a shoe has lost its shape, it is likely to injure the foot. Besides that, old worn-out shoes, with run-down heels, are hard on the disposition.

We must have a recipe or two, today. One of the nicest letters I have received is from a listener in Robbinsdale, Minnesota, who compliments the chicken casserole. She says she has been cooking for twenty years, but she never happened on to this way of cooking chicken until I broadcast it. I am acting upon her suggestion, to broadcast this receipe again.

As I told you before, a casserole dinner is delicious, and easy to prepare. An earthenware or glass baking dish, with a close-fitting cover, is desirable, especially if you intend to bring the casserole to the table. If you don't have a regular casserole baking dish, a heavy eanamel or aluminum saucepan, or even an iron pot, with a tight cover, can be used, if the chicken is served from a platter. A casserole saves dish-washing.

"Chicken en casserole" provides a good means of using up the surplus cockerels or the tough old fowls. Cut the chicken into pieces convenient for serving. Dust the pieces of chicken with flour, salt, and pepper. Brown them delicately in a small quantity of fat. As each peice is removed from the frying pan, place it in the casserole. Wash out the tasty particles of fat which cling to the frying pan, and put them around the chicken. Cover the baking dish, and cook in a slow oven for 3 or 4 hours, or until the fowl is tender. Just before serving, remove the chicken, and add to the chicken juices a cup of milk, which has been blended with 1 and 1/2 tablespoons of flour. Cook for 10 minutes. Pour this gravy over the chicken, or replace the chicken in the gravy, and serve from the casserole.

With this dinner you might have Mashed Potatoes, "light and fluffy, dotted with butter, and served piping hot." Do you know why I always say that about mashed potatoes? Because the Recipe Lady, in the Bureau of Home Economics, who spends a lot of time testing new dishes for you, can't abide mashed potatoes unless they're "light and fluffy, dotted with butter, and served piping hot."

Besides mashed potatoes, we will want another vegetable, such as quick-cooked spinach, or carrots; and an apple salad for dessert. I know I've been serving a good many apple dishes lately, but why not, when they're so good, and so plentiful?

For the Apple Salad, you will need good tart eating apples, pared, and cut in cubes; boiled chestnuts; and a little finely chopped celery, served with a tasty salad dressing. Boiled chestnuts have a mild flavor which is pleasing in salads. If you cannot get chestnuts, use black walnuts, or other nuts which are available. This salad should be made in the proportion of three parts apples to one part nuts. If you use black walnuts, serve a mild dressing with the salad, since black walnuts have a flavor all their own.

To repeat the menu: Chicken en Casserole; Mashed Potatoes; "light and fluffy, dotted with butter, and served piping hot;" Quick-Cooked Spinach, or Carrots; and Apple Salad., The salad will take the place of a dessert.

I have two new recipes for you tomorrow. And I must remind you again about unsigned letters. Please, when you write for the cookbooks, be <u>sure</u> that your name and address are clearly written. Keep on sending letters, and suggesting what recipes you would like to have. I will try to get them for you, even if it takes some time to have them tested and approved.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT Tues. Nov. 30.

PROGRAM..... RELEASE.....

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In 3Hh
Reserve

ANNOUNCEMENT: Aunt Sammy's Chat includes a little of everything today, from thermometers to mildew, from geraniums and roses to a recipe for Scrapple, which has been approved by the U. S. Bureau of Home Economics. Aunt Sammy will be glad to answer any questions on household subjects, sent to her in care of this station.

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Before I answer any questions, or tell you how to make scrapple, I'm going to say a few kind words in favor of thermometers. Not weather thermometers, but the kind of a thermometer every modern housewife would like to have in her kitchen.

For every modern housewife knows she must be exact in her cookery methods, to secure uniform results. She must measure the ingredients of her cake the same way, every time she makes it. She must regulate her oven temperature to the same point, every time she bakes it -- the cake, I mean.

Up-to-date cookbooks do not tell us to bake in a "moderate" oven, leaving us to guess what "moderate" means. No indeed. The up-to-date cookbooks state just what temperature the oven should be, for a "moderate" oven, or a "slow" oven, or a "hot" oven. There is getting to be less and less guesswork in the best cookery. If one is following up-to-date directions for making candy, for deep-fat frying, for roasting meat, or for any kind of baking, the recipe will very likely mention the best temperature, or range of temperatures, for that cooking. Therefore the accurate cook needs dependable thermometers.

With an accurate oven thermometer she can tell when the oven is hot enough to sear a roast of meat, and when it is right for the slower cooking, needed to keep the roast juicy, and finish it to a turn. The "high" temperature needed for baking biscuits and the "lower" temperature for sponge cakes and souffles, also show exactly on the thermometer.

When you make your Christmas candies, you will find another need for a thermometer. There are several standard tests for sugar cookery, such as the "soft ball" stage, and the "hard crack" stage. But a housewife must possess supernatural knowledge if she can tell just when sirup is ready to "form a soft ball", or "spin a thread". A thermometer which can be dipped into the hot sirup, tells the exact temperature, and takes the guesswork out of candy-making.

Another use for thermometers is in bread making. An even temperature must be maintained when the dough is set to rise. When bread is being baked, the temperature of the oven must be carefully regulated, and increased or decreased, according to the directions in the recipe.

A thermometer is also important in connection with the refrigerator. If your refrigerator is efficient, it keeps a fairly steady temperature, below 50 degrees Fahrenheit. The thermometer indicates beyond question the coldest part of the ice box. In homes where ice is not always used, a thermometer helps the housekeeper in finding the coldest part of her cellar, or outside porches, where food may be safely stored.

This morning, on my way down, I visited a store which makes a specialty of selling kitchen utensils. I found white enamel oven thermometers, and glass candy thermometers reasonably priced. Wouldn't they make fine Christmas presents, for some one who loves to cook? There were refrigerator thermometers, too. Sometime soon I'm going to tell you about the other kitchen utensils I saw in that store.

The first question today has a familiar look. "Please tell me how to remove mildew from table linen," requests a Minnesota housewife.

If the stains are fresh, they may come out when washed with soap and water, and bleached in the sun.

If the soap and water method does not take out the mildew, moisten the stains with lemon juice and salt and place in the sun.

However, if the mildew stains are old ones, drastic treatment such as bleaching with Javelle water or other chemical will be needed to remove them. If the mildew has injured the fabric, even this will not work. Mildew is a mold which grows on fabrics that remain damp for a time. The mold spots are often grayish-green, brown, or almost black. The mildew grows on the surface of the fabric at first. If allowed to grow, however, it attacks and destroys the fabric. Spots should therefore be treated when fresh. So have a care about letting clothes lie damp in the basket for several days awaiting the iron, or about putting damp things into the soiled clothes bag.

I also have a question here about removing iron rust, from a fine white linen napkin.

If the linen is rather delicate, spread the stained part over a vessel of rapidly boiling water, and then squeeze lemon juice on the stain. After a few minutes, rinse the napkin, and repeat the process. This method is somewhat slow, but it does not injure delicate white cottons and linens. Quicker methods can be used on heavier fabrics.

These methods of removing mildew and iron rust and many others for taking out all the common household stains are found in Farmers' Bulletin Number Fourteen-seven-four. I'll send you a copy if you wish. The bulletin is sent free for the asking.

The next request is for the proper method of folding table cloths, dinner napkins, towels, pillowcases, and men's shirts.

Towels and pillowcases are folded lengthwise, into thirds, the center third being left on the outside. There is one cross wise fold, but it is not ironed in.

The proper way to fold a man's shirt is like this: No, it's too complicated, I can't describe it without using my hands. But there's a picture of it in the farmers' bulletin recently prepared by the U. S. Bureau of Home Economics. The bulletin is Number Fourteen-nine-seven, "Methods and Equipment for Home Laundering". It describes the quickest and easiest style of folding tablecloths, sheets, centerpieces, napkins, and men's shirts. This laundry bulletin is packed full of sound, practical information for the housewife who wants"to make her linen live".

The next question comes from Kansas City. "Please tell me why my geraniums do not bloom. They are 18 months old".

The plant specialist I consulted says there are two or three reasons why geraniums fail to bloom. If they are planted in pots that are too large, or if the soil is rich, the geraniums will make an abundant growth, and fail to bloom. In order to bloom, the plants should become more or less rootbound, so as to check the growth of the foliage. A soil containing considerable sand is desirable. Another cause of failure to bloom is too much water. Geraniums need a medium dry soil, in order to bloom profusely.

Fourth question, or is it the fifth? "Please tell me how to keep cut flowers. I don't have much luck keeping them fresh".

Cut flowers should be plunged into a deep jar of cold water, as soon as they are cut. Leave them in this water, in a cool place, for at least an hour or two, after cutting. Change the water in which cut flowers are kept, once a day, or oftener. Clip a small portion off the bottom of the stems, once a day. This opens the pores, and admits water. Roses which have begun to fade, may sometimes be revived for a short period, by clipping the bottoms of the stems, and plunging them to a depth of an inch or two in boiling water, for a moment.

The recipe is next. The recipe for "Scrapple", I mean. Well, Well! Here's a young lady who says she's never heard of "Scrapple". How embarrassed she must feel, among all the experienced housewives who have made "Scrapple"

time and again. I will give her my recipe for Scrapple right away: (Read slowly)

Three pounds of very bony pieces of pork, or pork and beef mixed, if you prefer. Some people like especially to use a hog's head for making scrapple. To each pound of bony meat, use about a quart of water, and simmer until the meat drops from the bone. Then remove the bone, and take care to get out all the tiny pieces. Chop the meat or cut it into small pieces. There should be about two quarts of broth left. If necessary, add water to make this quantity. Bring the broth to the boiling point, slowly add two cups of corn meal, and cook the mixture until it is like a thick mush, stirring almost constantly. Add the chopped meat, salt, and any other seasoning desired. Sometimes onion juice, and a little sage, and thyme, are added to scrapple. Pour the hot scrapple into dampened oblong enamel-ware pans. Let stand until cold and firm. Then slice the scrapple and brown in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

One more recipe for the Radio Cookbook. It will surely be full of reliable recipes when it's complete. Don't forget to tell me what you think of the Cookbook. The first thing on tomorrow's program is Fruit Cake, so have your pencils handy.